



# Avinuty Fitness Club

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## Empower Fit

## Mobility & Pain Management

**Objective:** Enhance health and well-being by promoting preventive care through tailored therapeutic exercises

### Outcomes:

- Educate Body Mechanic's
- Stress Reduction & Pain Relief
- Improved Mobility & Flexibility
- Enhanced Daily Functioning
- Boosted Energy Levels



Payment Registration



Classes begin on

27 January 2025

Time : 3.45 - 4.30 PM



Hybrid Mode

