



# Avinuty Fitness Club

Rs  
200

/ Month

Students' School of can avail this opportunity  
Edn, Eng & SF

Fun Games

Wall Sits

1

## Fit & Fierce

### Menstrual Health and Obesity Management

Step Aerobics

Zumba

Yoga Asana

Squats

Pilates



Stability Drills

Plank Variations

Core & Abs  
Kcal

Burpees



Barre Workouts

#### Objective:

Improve overall student health, reduce the impact of obesity, menstrual issues & promote a balanced lifestyle that supports academic and personal success.

Classes begin on **27 January 2025**



Payment

Registration

Time : 4.40 - 5.30 PM

Venu : Campus - 11  
3 Days / Week



Register NOW



#### Outcomes

- Regular Menstrual Cycles
- Managing PCOS & PCOD
- Weight Management
- Stress Reduction
- Hormonal Balance
- Lifestyle Modification