



Avinuty Fitness Club

RS 200 / Month

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

Fun Games

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Wall Sits

Fit & Fierce

Menstrual Health and Obesity Management

Step Aerobics

Zumba

Yoga Asana

Squats

Pilates

Stability Drills

Plank Variations

Core & Abs

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.

Outcomes

- Classes begin on **27 January 2025**
- Regular Menstrual Cycles
 - Managing PCOS & PCOD
 - Weight Management
 - Stress Reduction
 - Hormonal Balance
 - Lifestyle Modification



Payment



Registration

Time : 4.40 - 5.30 PM

Venu : Campus - II

3 Days / Week

