

"WHEN YOU OWN YOUR BREATH ,  
NOBODY CAN STEAL YOUR PEACE"

## YOGA



### Improved flexibility

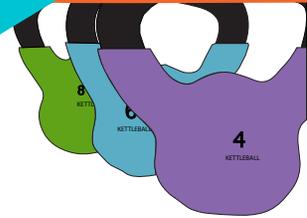
increased muscle strength and tone, particularly of your abdominal muscles, lower back, hips and buttocks (the 'core muscles' of your body) balanced muscular strength on both sides of your body enhanced muscular control of your back and limbs improved stabilisation of your spine.

### Improved posture

rehabilitation or prevention of injuries related to muscle imbalances improved physical coordination and balance relaxation of your shoulders, neck and upper back safe rehabilitation of joint and spinal injuries

### Faster and better results

Having a personal trainer to guide you through your fitness routine will help make sure you are spending time on the proper types of exercise. Proper fat loss and muscle gain.



## PILATES



### Increased flexibility.

Increased muscle strength and tone.  
Improved respiration, energy and vitality.

### Maintaining a balanced metabolism

Weight reduction.  
Cardio and circulatory health improved athletic performance.  
Protection from injury.



## PERSONAL TRAINER

" BELIEVE IN YOURSELF AND ALL THAT YOU ARE.KNOW THAT THERE IS,SOMETHING INSIDE YOU THAT IS GREATER THAN ANY OBSTACLES. "



## ZUMBA

### Calorie and fat burning

Improved coordination Full body workout Mood boosting.



## KETTLEBELL

### Calorie and fat burning

Improved coordination.  
Full body workout  
Mood boosting  
Strengthens every muscle from head-to-toe



" TODAY I WILL DWELL ONLY ON THE THINGS I LOVE ABOUT MY BODY "