

Fitness Studio

<https://www.indiamart.com/fitness-studio/>

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About Us

There are various health problems arising day by day due to the changes occurred in our lifestyle which include obesity which further give rise to various problems like thyroid , diabetes. My main motto for starting this league is to provide physical fitness as i am always concerned that everyone should opt a healthy lifestyle. Homemakers do not have time to join fitness classes so i have especially started fitness programs for them also. Fitness program duration is one month . this program is related to weight loss, getting in shape and other problem which are common among females. advantages of program

1. easily followed
2. natural and floral exercises.
- 3 . 100% result.
4. very effective

. We are here to create a balanced program customized to your fitness goals that makes the most of your workout. Fitness studio offers an impressive array of services from various fitness programs to regular fitness classes, yoga, aerobics and other natural floral exercises that are designed according to the clients physical history ,age, weight ,lifestyle, her physical and mental activity, inches or to acheive a particular target.

For more information, please visit

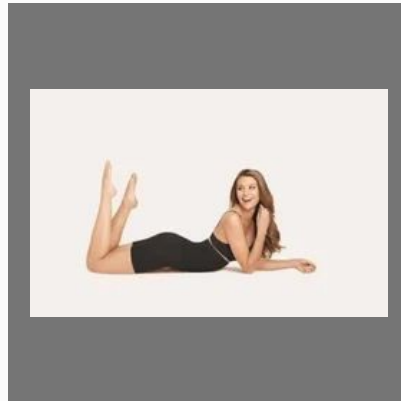
<https://www.indiamart.com/fitness-studio/aboutus.html>



OTHER SERVICES



Weight Loss Fitness



Curves and Modelling Programmer



Pregnancy Fitness Clubs



Toning Programmer

Factsheet

Nature of Business

:Service Provider



CONTACT US

Fitness Studio

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