



**INSHAPE SPORTS CENTER**

***PERSONAL FITNESS  
TRAINING***

A healthier, fitter you is just  
around the corner

***JOIN US NOW BY CALLING US AT  
+91-86974123654***

Choose a workout that's suited to your needs  
and lifestyle. We have more than 30 trainers  
with diverse backgrounds!

# GET IN SHAPE & FEEL GOOD

## JOIN US FOR PERSONAL TRAINING

What We Offer:  
Cardio Training  
Personal Training  
Time Management  
Diet Nutrition  
Weight Training  
Modern Facilities  
Classes:  
Boxing  
Muay Thai  
Zumba  
Yoga  
Pilates  
Mixed Martial Arts  
Modern Dance

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**FOR DEMO BOOKING CONTACT US AT  
+91-86974123654. WE CAN ALSO BE  
REACHED VIA [INSHAPEFITNESS.COM](https://www.inshapefitness.com).**

