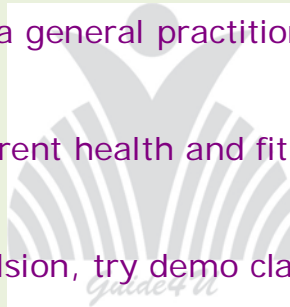


"Strengthen Your Skills & Boost Your Confidence"



☞ Simple tricks to pick the right fitness

- Though there are dance-based workouts like zumba, yoga-based workouts like power yoga and pilates, ultimately mixed martial art workouts like kickboxing
- Do consult a trainer or a general practitioner about which of these are most suited to your current health and fitness levels
- Just don't go by compulsion, try demo classes to determine which of these you find interesting and then go by it.



Be TUNED IN to know more.....

For more guidance & tips email to - activity@wellnessway4u.com