



FITNESS VEDHA
— WHERE FITNESS IS A LIFE STYLE —

New Batch
STARTING
SOON

— FROM —
SEPTEMBER 1ST



fitnessvedha@gmail.com

www.fitnessvedha.com

+91 81792 15363



Starts
From
3,000/-

GENERAL FITNESS

- ▶ Agility
- ▶ Flexibility
- ▶ Endurance
- ▶ Strength Training





WEIGHT LOSS PROGRAM



- ▶ Goal Setting
- ▶ Cardiovascular Exercise
- ▶ Strength Training
- ▶ Flexibility & Stretching
- ▶ Core Exercises
- ▶ Nutrition Guidance
- ▶ Rest & Recovery
- ▶ Monitoring





FITNESS VEDHA
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MARATHON PREPARATION



- ▶ Goal Setting
- ▶ Building Base Mileage
- ▶ Long Runs
- ▶ Speed Work & Tempo Runs

- ▶ Strength Training
- ▶ Rest & Recovery
- ▶ Nutrition

- ▶ Race Strategy & Mental Preparation
- ▶ Injury Prevention

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CORPORATE SPORTS EVENT

- ▶ Sport Tournaments
- ▶ Fitness Challenges
- ▶ Team Building Activities
- ▶ Skills Clinics Workshops
- ▶ Entertainment Event



**GET
QUOTE
NOW**

LET'S JOIN WITH US!

+91 81792 15363

Indira Park & Sanjeevaiha Park

 www.fitnessvedha.com

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