

NOTICE

FITNESS & DANCE CLASSES WITH FLASH FITNESS- BOOKINGS 9830020888

1) Fat Melt Down / Outdoor Fitness

Take your workout to a whole new level.

You can now skip the gym and get an effective total body workout.

Who needs a treadmill?? When you can just get a Cardio meltdown routine.

Training will help in

-Focus/concentration

-positivity

- Speed

-Strength

- Stamina

-Body shaping

⇒ Free Trial - Saturday 4th March 2017 at 8.30 AM

⇒ Charges: Inr: 1,500 monthly (members) & Inr 2000 (guests)

⇒ DAYS- Saturdays & Sundays 8.30 am

2) ZUMBA DANCE FITNESS

Perfect For ALL Fitness enthusiasts looking for a fun dance workout. This is a high intensity interval training workout.

Benefits :

Moving in sync with music makes you work harder. This class will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased after burn.

⇒ Every Tuesdays & Thursdays - 8.30 am or 7 pm (ONE TRIAL CLASS ALLOWED)

⇒ charges Inr 1200 (members) & Inr 1800 (guests)

3) BELLY FIT AND BODY CONDITIONING

BELLY FIT AND BODY CONDITIONING - A 360°WORKOUT for a wholesome result. Every class is a new workout with a mix of cardio, strength training, Pilates and yoga. Train with an international dance instructor from Mumbai who has seen all spheres of fitness.

⇒ Wed & Fri 8.30 TO 9.30am

⇒ Free Trial class on 24th Feb. 8.30 am

Charges: Inr: 1500 monthly (members) & Inr 2000 (guests)

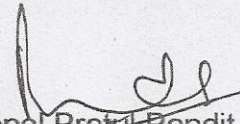
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**4) CELEBRATING International Women's Day ! COMPLIMENTARY dance workshop
SALSA / BACHATA / KIZOMBA**

Lets Celebrate with a small Dance Workshop on SALSA / BACHATA / KIZOMBA with the Salsawala. For over a decade, Salsawala has been teaching in the UK. Now we have the Salsawala teaching in Kolkata exclusively at Flash Fitness.

➔ Friday, 10 March 2017 TIME 6-8pm

For more details contact : **Behnaz Dugar, Flash Fitness / 98300 20888 / 8017001500**
behnaz@flashfitness.in



Colonel Prata Pandit (Retd)
Secretary
The Saturday Club Limited

February 23, 2017

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