

# WELLISTA FITNESS STUDIO

ONLY FOR LADIES

- Our programs -

## Weight Loss & Yoga

- 1) Aerobic Exercise
- 2) Kick Boxing
- 3) Functional Training
- 4) Zumba
- 5) Cardio
- 6) Weight Training Workout

### Regular Batch (Mon. to Sat.)

1 month	<del>3,500/-</del>	3,000/-
3 months	<del>9,000/-</del>	7,500/-
6 months	<del>18,000/-</del>	14,000/-
12 months	<del>35,000/-</del>	25,000/-

## Yoga types

- 1) Power Yoga
- 2) Floor Yoga
- 3) Ashtang Yoga
- 4) Pilates Yoga

### Alternate Days (3 Days a week)

1 month	<del>2,500/-</del>	2,000/-
3 months	<del>6,500/-</del>	5,000/-
6 months	<del>13,500/-</del>	9,000/-
12 months	<del>27,000/-</del>	17,000/-

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