



Since 2013

PALAK AEROBICS

(Only Ladies)

RISE YOUR **FITNESS** ROUTINE TO
THE PROFESSIONAL STANDARDS



DR. PALAK PATEL

PHYSIOTHERAPIST

REEBOOK CERTIFIED



FSSA

IAFT

POWER GARBA

DIET ND NUTRITION



Dr. Palak Patel, a Physiotherapist, Reebok-certified Aerobics Medical Doctor. the founder of Palak Aerobics. With certifications in Diet & Nutrition, FSSA, IAFT, Power Garba, and Yoga, she brings a wealth of expertise to her women's-only fitness studio. and Chairman of the Women's Network Charitable Trust (NGO),

Discover the magic of aerobics workouts and achieve your fitness goals without the need for gym equipment. We're committed to helping you improve your health through personalized exercises and nutrition. Join us today and start your fitness journey with Dr. Palak Patel!

Specialized Training

Palak's expertise is evident in his certifications. As a Reebok Certified instructor, he brings a global standard of fitness training to his classes. Additionally, his FSSA (Fitness and Sports Science Association) certification ensures that his workouts are safe and effective.

Cultural Fitness

Palak has also incorporated cultural elements into his fitness offerings. His IAFT POWER GARBA certification allows him to lead fun and engaging garba - inspired workouts, combining fitness with tradition.

Holistic Approach

Beyond physical fitness, Palak understands the importance of nutrition. His DIET ND NUTRITION expertise provides clients with personalized guidance on healthy eating habits, complementing their workout routines.

OUR SERVICES

STEP AEROBICS



FLOOR AEROBICS



DUMBELLS WORKOUT



STICK WORKOUT



VESTIBULAR BALL



MEDICINE BALL



YOGA



MEDITATION



STRETCHING



DIET NUTRITION



BATCH **WORKOUT**

WARM UP

- ✔ **Without Music**
 - ✔ **With Music**
- } 10 Minute

CARDIO SESSION

- ✔ **Floor Cardio**
 - ✔ **Step Cardio**
 - ✔ **Circuit Workout**
 - ✔ **Round Floor Cardio**
 - ✔ **Step Floor Cardio**
- } 25 Minute

STRENGTH SESSION

- ✔ **Vestibular Ball**
 - ✔ **Medicine Ball**
 - ✔ **Resistance Tube**
 - ✔ **Dumbbells**
 - ✔ **Stick**
 - ✔ **yoga**
- } 20 Minute

STRETCHING

- ✔ **Daily Whole Body Stretching**
Meditation & Relaxation
- } 5 Minute

BATCH TIMING

MONDAY TO SATURDAY

SESSION TIME: 1 HR

06:00 AM

07:10 AM

08:30 AM

09:45 AM

11:00 AM



MORNING

12:45 PM

02:00 PM

03:10 PM



NOON

05:00 PM

06:10 PM



EVENING

FEES STRUCTURE

2 Month	₹2500
3 Month	₹3500
4 Month	₹4500
6 Month	₹7000 + 1 Month Free
12 Month	₹12000 + 2 Month Free

RULES **EXTENSION**

- ✔ **How many days will allowed to extend.**
 - 2 Month - 15 Days
 - 3 Month - 1 Month
 - ✔ **It will be provided on your next renewal.**
(inform that on leave from date to date)
 - ✔ **You may also be attending 2 batches every day for**
Counted your leave days.
 - ✔ **Extension days will be granted for valid & specific reasons.**
(medical or family issues)
 - ✔ **It will be compulsory to submit documents or inform details**
To your batch trainer.
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RULES FOR CLIENTS

- ✔ **Aerobics bag & diet plan are not included in the two-month package**
- ✔ **Dress code t-shirt & shoes are compulsory.**
- ✔ **Get to batch on time.**
- ✔ **Fees are not refundable & non-transferable**
Diet & aerobic bag are not included in 2 months package.
- ✔ **Every month's last saturday indoor or outdoor activity.**

ACTIVITY





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 **Palak Aerobics**
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