

FEATURE TRAINING

- 1 Body Building**
Use of progressive resistance exercise to control and develop one's musculature for aesthetic purposes.
- 2 Crossfit**
Strength and conditioning workout that is made up of functional movement performed at a high intensity level.
- 3 Zumba**
Helps to target different muscle groups at once for total body toning. Boosts your heart health and maintain a good cardiovascular respiratory system.
- 4 Yoga**
Incorporation of meditation and breathing can help improve a person's mental well-being with mental clarity and calmness.
- 5 Kettlebell**
Perform ballistic exercises that combine strength, cardio, and flexibility training that targets multiple muscle groups.
- 6 Defence Training**
The programme is expected to strengthen the self confidence, defense mechanism and physical fitness of the person.
- 7 Boxing**
Fitness boxing is a great aerobic exercise which strengthen bones and muscles, burn more calories, and lift mood.
- 8 Cardio workouts**
Strengthen your heart and muscles while burning calories. Helps to control your appetite
- 9 Karate**
Helps in endurance, flexibility, sense of balance as well as your overall raw strength will all improve.
- 10 Silambam**
Silambam is a traditional form of cardio workout that improves blood circulation & heart function.
- 11 Street Fight**
Helps in Developing Endurance, Self esteem, Improve Balance, Increase Flexibility & Personal Safety
- 12 Boot camp training**
A boot camp workout is essentially a type of interval training — bursts of intense activity alternated with intervals of lighter activity.

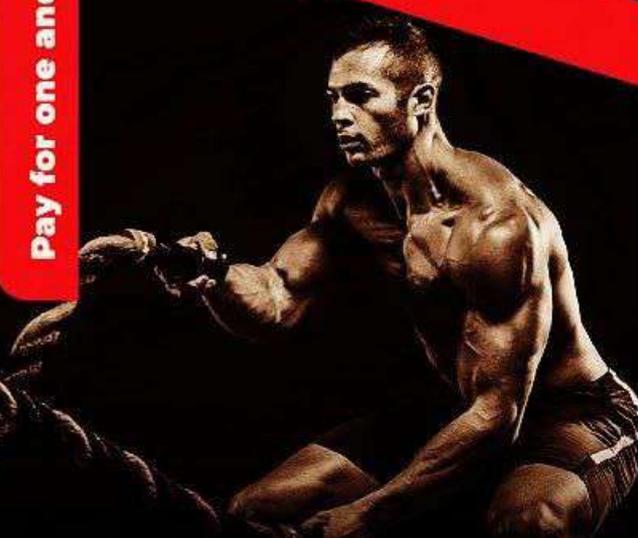
Pay for one and get to train everything else for free....

Celebration offer

TRAINING PROGRAMME

- YEARLY - ~~20000 INR~~ 9999 INR
- ONE MONTH - ~~4000 INR~~ 2000 INR
- QUARTERLY - ~~9000 INR~~ 4500 INR
- HALF YEARLY - ~~16000 INR~~ 7999 INR
- COUPLE YEARLY (MALE&FEMALE) - ~~38000 INR~~ 17999 INR

*Terms and conditions apply



CONTACT US



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I am Sushmitha G.S. Completed my Under graduate B.Sc Food Science and nutrition at American college. Now am worked as Gym trainer in Phoenix Crossfit gym at Iyar Bangalaw Madurai From . 14.10.2020 to Till now .

Sushmitha . G.S .

