

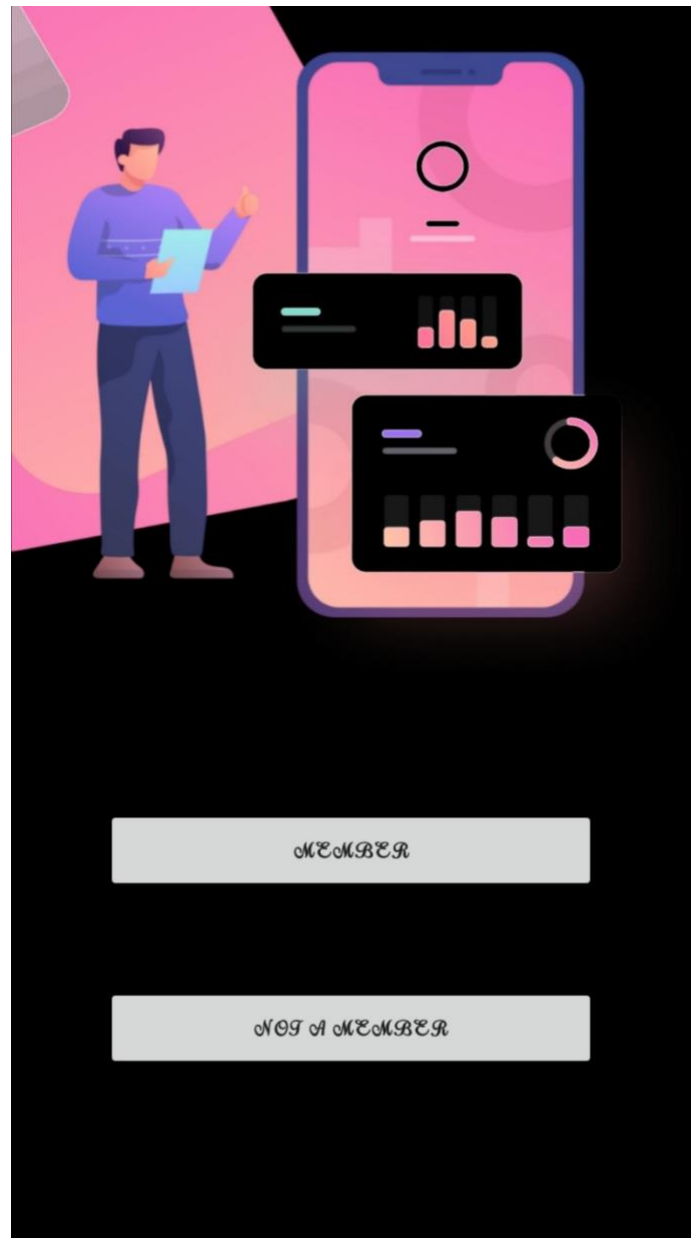
# ***STRENGTH AND STRETCHES***

## **ABSTRACT**

This is the best Fitness application both for male and female . This application will train your body , burn calories , loss weight , so that you will earn a better life . STRENGTH AND STRETCHES application is one of a kind fitness application that enables all gym freaks to select the best physical trainer. Member of the fitness can book their slot through this application . STRENGTH AND STRETCHES application aims to provide fitness knowledge to people who want to stay fit .This application will let people realize the pleasure of leading a Healthy life. And this application will always remain useful for the members of the gym because they need not waste their time walking directly to book their slot. As we know Health is Wealth , this application always focus on people health since health is the eternal wealth .



Strength And Stretches



MEMBER

NOT A MEMBER

# APPOINTMENT

MEMBER ID

23555

Apr	02	2022
May	03	2023
Jun	04	2024

FIX DATE

**Date :**

**3/5/2023**

SELECT YOUR SESSION

PHYSIOTHERAPY

BOOK



SEARCH



OUR TRAINING



UPLOAD PHOTO



CONTACT



PRESCRIPTION



PHARMACY

NAME

Enter your name

---

MOBILE NUMBER

Your contact number

---

Email id

Your mail id

---

ASK SOMETHING

Section for your clarification

---

SUBMIT



USER NAME

---

PASSWORD

---

LOGIN



## FITNESS DESCRIPTION

*This is where your life changes. Our workout programs are a class apart - Slick 30 minute HIIT modules, Hardcore powerlifting clinics, Gruelling body transformation boot camps, Yoga, Combat, Bodybuilding. Name it and we'll game it. You are now finished with mediocrity, STRENGTH AND STRETCHES is here to turn you into a superhuman! The fitness mantra of STRENGTH AND STRETCHES is to keep our programs simple, timeless and results based, all our programs overlap at some level and are completely scalable from a beginner to competitive level. Our coaches are trained in strength, bodybuilding and functional fitness, our workout spaces are fully equipped without wasting any space on gimmicks, the gym comes with a clear focus on results and goal setting. Our mission is to take great service, facilities, coaching*

## SNAPS

