

B-13 Block 12 FB  
Area, Karachi



Stay fit with Yusra



@stayfit\_with\_yusra\_



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**GET  
YOUR  
HEALTH  
BACK  
ON  
TRACK**

**Gymnasium For Fitness**  
*Fitter, Healthier, Happier*

Only  
For  
Ladies

- ✓ **Aerobics**
- ✓ **Yoga**
- ✓ **Zumba**
- ✓ **HIIT cardio**
- ✓ **Tabata**
- ✓ **Weight Lifting**
- ✓ **Strength Training**
- ✓ **Crossfit**
- ✓ **Personal Training**



**SHAPE** your **BODY**