



# fitness activities

## **Bharat Thakur's Artistic Yoga**

Open to Members & Non-members.

Artistic yoga is a combination of asanas, pranayam, mudra, banda, kriya and meditation. This form of yoga helps one to avoid mental stress, cervical problems, backache, knee pain & slipped disc. It also helps in weight loss and strengthening muscles.

**Contact person:** Priyanka Niwas 9967024451  
Ashray 9821708899

**Days:** Mondays/ Wednesdays/ Fridays

**Timings:** 8:00 a.m. to 9:00 a.m., 9:00 a.m. to 10:00 a.m., 10:00 a.m. to 11:00 a.m., 11:00 a.m. to 12 noon, 6:00 p.m. to 7:00 p.m. & 7.15 pm to 8.15 pm

**Rates:** 2268/- + Taxes for 12sessions 1 month.

## **Resilience Yoga**

Open to Members & Non-members with reference

Resilience yoga is a combination of various alternative therapies such reiki, asanas, pranayams, shatkarmas, relaxation techniques and meditation. It helps in preventing various diseases like asthma, diabetes, cancer, obesity, arthritis, etc.

**Contact person:** Mangesh Sangle - 9987002137

**Days:** Mondays / Wednesdays / Fridays.

**Timings:** 7:00 a.m. to 8:00 a.m.

**Rates:** 2000/- + Taxes for 12sessions, 1 month (Members);  
2500/- + Taxes for 12sessions, 1 month (Non-members)

## **Tai Chi (An ancient form of martial arts) - Moving Meditation**

Tai Chi is the highest form of Chinese martial arts that focuses on slow, soft movements that promote



**The Club**  
Mumbai

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dynamic energy and cultivate inward focus.

For Members only

**Trainer:** Sunny Khan, 9833377008.

**Days:** Tuesdays/ Thursdays/ Saturdays

**Timings:** 8:00 a.m. to 9:00 a.m. & 7:00 p.m. to 8:00 p.m.

**Rates:** 2000/- + Taxes for 12 sessions, 1 month.

### **Rules & Regulations**

1. Eatables are not allowed in the hideout. No food or beverage service will be allowed in the hideout.
2. Performing any activity in the hideout is at members' risk. The club management is not responsible for any mishap, or loss of life, or belongings.
3. Only sports shoes shall be allowed while performing any activity on the hideout floor. High heeled shoes shall strictly be not allowed.
4. Members/Non-members are requested to put the mats, Swiss balls, weights back in place after use.
5. In case of any damage to the hideout or any other equipment by a member or their guest, the cost shall be borne by the party concerned.