

Aerobics

With a touch of Yoga and Taichí

Instructor –

Channa Dehigahawatte

Diploma in Sports and Physical Training

Degree in mind and Body Coordination (Ki Science)

First Degree Black belt from (Ki-aikido)

At the OWSC

Enrolment fee

OWSC Life Members - FOC

OWSC annual and reciprocal members - Rs. 500

Non Members Rs. 500

Monthly Fee - Rs 2000/- must pay in the beginning of the month.

Requirements-

1. participants should bring the following items
 - a. Ladies: Dumbbells 1 kg to 1.5 kg
 - b. Gents: Dumbbells 2 KG above, as per requirement
2. Gym mattress

Starting date:

6th Saturday March 2010 @ 7.30 PM (first floor OWSC)

7th Sunday March 2010 @ 6.00PM (first floor OWSC)

Every Saturday and Sunday

Start enrolling now....call 0714 353 686 (Dharshana) or 2696884 (manager OWSC)

Yoga and Mind Power

Toning Programs

Increase Energy Levels

Special Abdominal Exercises

