

PROGRAMMES

AKIDSGYM

A Kids Gym programs will help Build your child's character by giving them the Confidence to try new things! Children can endow great physical benefits. From muscle strength and balance, to healthy bones and flexibility.



Aerobic activity gets your heart pumping and your lungs working harder. It also may make you sweat. Aerobic exercise helps your mind and mood, too. How? It releases "feel-good" chemicals into your body. When you can, get outside and move in nature.



The bustling pace of our children's lives can have a profound effect on their innate joy—and usually not for the better. Yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive. Fostering cooperation and compassion

Diet Counselling for Kids

Dietitian gives practical advice on healthy diet for children - to help make sure they don't gain too much weight, or to lose weight if they need to.



Gymnastics

We're more than mats, bars and beams. We're building blocks for life



• Dance • Music • Art & Craft • Mind Games



Krav Maga Workshops

The Most effective self defence system around for women!

Kangaroo Kids - A-33, New Friends Colony
(Near Mata Mandir), New Delhi

BrainWorks - B-30, Jangpura Extn., New Delhi

Studio - VPL-20, Shipra Krishna
Vista Plaza, Indirapuram, Ghaziabad



BASED ON UK & SINGAPORE
FAMOUS FUN & FITNESS
PROGRAMME



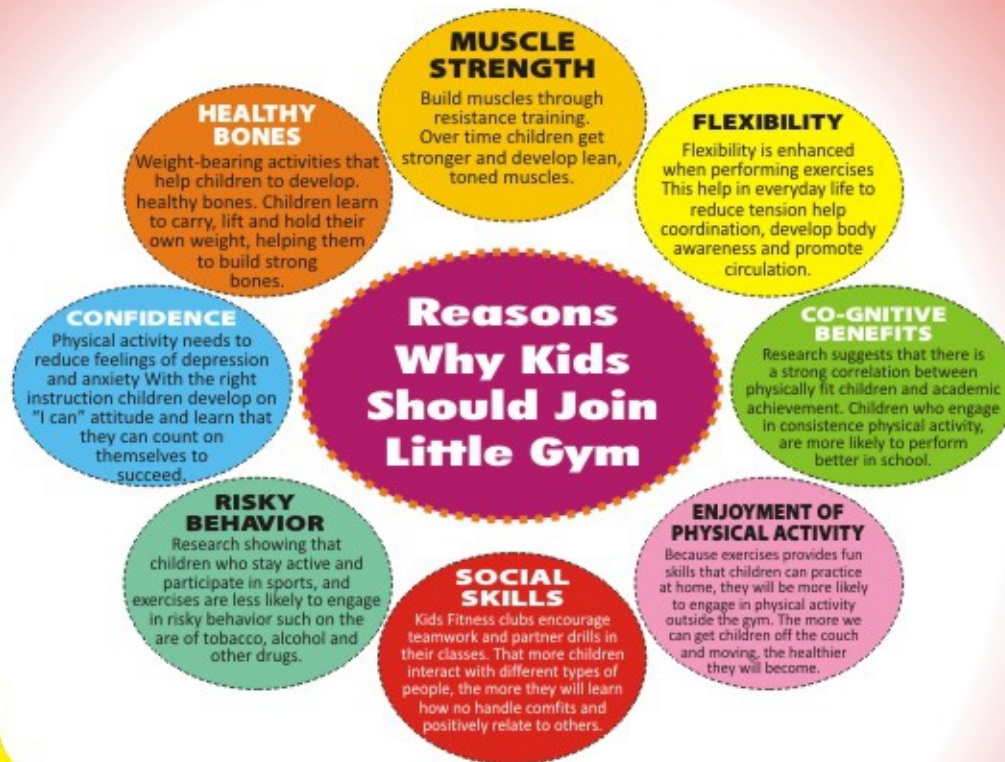
GYM • AEROBICS • YOGA

"A gym like NO OTHER!"

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SERIOUS FUN FOR KIDS

Kids Gym will be India's premier experiential learning and child physical development centre for kids ages three years through 10 years. Each week, progressively structured classes and a positive learning environment create opportunities for your child to try new things and build self-confidence, all with a grin that stretches from ear to ear.



BUILDING SELF-CONFIDENCE IN CHILDREN, ONE HUMONGOUS GRIN AT A TIME

Want to give your child the best start in life? That extra edge that will help them become well-rounded, well-adjusted adults? Research suggests that creative physical activity may be the key to fostering confident, successful kids. In other words, Serious Fun provides some serious benefits. And, we have the research to back it up! We take a holistic "Three-Dimensional Learning"

approach to skill development. This philosophy is based on three core tenets: "Get Moving" to foster flexibility, strength, balance and coordination; "Brain Boost" to nurture listening skills, concentration and decision making; and "Citizen Kid" to promote sharing, teamwork, cooperation and leadership abilities.

OUR FACILITY

A Kids Gym is a cheerful, well-equipped air conditioned gym and Learning Academy complete with large matted areas and a large array of creative equipment.

OUR PHILOSOPHY

Our gym academy exists to further the happiness and health of our clients. To become friends and mentors for the students who come through our doors.