



Orlando
Private fitness club

YOUR OWN PERSONAL SPACE

Fitness is a kind of sports, such as various unarmed aerobics, rhythmic gymnastics, gymnastics, and all kinds of the resistance movement, gymnastics can improve strength, flexibility, endurance, improve the coordination and control ability to the various parts of our body, thus make the body strong. Exercise at least 3 times a week if you want to reduce stress.

Swimming, walking, jogging, bicycling, and all aerobic exercise can help your heart. Aerobic exercise has many benefits: it can exercise cardiopulmonary, enhance circulatory system function, burn fat, increase lung capacity, lower blood pressure, and even prevent diabetes and reduce heart disease.

The American college of sports medicine recommends:

That if you want to lose weight through aerobic exercise, you can choose between low and moderate exercise intensity and increase exercise time, which burns more calories. Exercise frequency 3-5 times per week, 20 to 60 minutes.



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