

PROGRAM

Deep Breathing Stretch

Waist Twist

Hip Circulation

Step & Jump
Aerobics

Merengue Dance

Boxercise

Abs, Buns, Thighs
Workouts

Shape-up Aiki

10 Ferry Road West End QLD

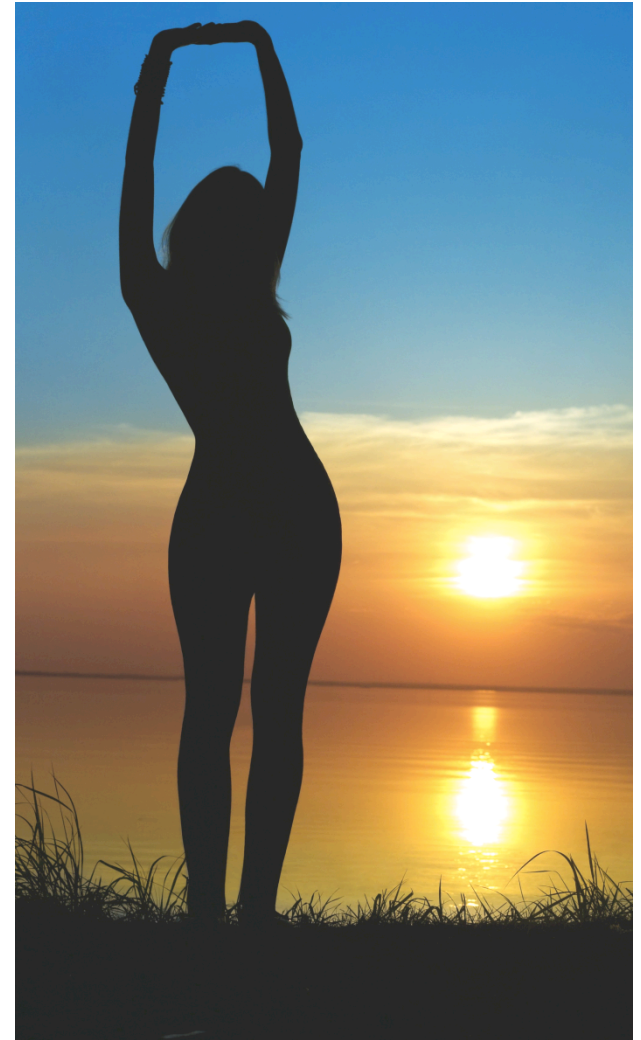
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Shape-up Aiki

~ Be Happy With Your Body ~



Lets you have your elegant waist line back

The Idea of My Class

Please allow me to introduce myself first. I, Shuko Mori, have been living and running an Aikido school (martial art) with my husband in West End since 1995. Though school has provided various benefits for many adults and children I always felt the style of class was little too hard for many females. I myself had an injury that stopped me from training, then I needed an alternative exercise for my body. As all the women experience when we hit mid-age our body shape changes naturally and we struggle with the image of our own body. I had tried different types of exercise and found out what kinds of exercise work on my body to gain core muscles tight and trim my waist and hip line. I also realise that women tend to get bored easily when we do single type exercise only, and we prefer working in a group as we are social being, not like the males at gym. Here I have designed a class that covers various types of exercise that stimulates your metabolism, strengthen your core muscles, improves your fitness and promises you to have a trimmed waist line for your healthy and happy life in the friendly, enjoyable and ladies only environment.

Shape-up Aiki

Aim and Goal

Keep exercising is very important for anybody in any ages if you wish to have a quality life. No one is too old to exercise and it keeps us healthy both intellectually and physically for you to enjoy a long life. Being a woman we all love to have a feminine body shape and Shape-up Aiki is designed to have your waist and hip line trimmed, and you will be happier and more confident with yourself.

- ❖ Deep Breathing Stretch –stimulates metabolism
- ❖ Waist Twist, Hip Circulation, Merengue Dance –trims waist and hip line
- ❖ Step & Jump Aerobics, Boxercise –improves your fitness and cardio system
- ❖ Abs, Buns, Thighs Workouts –strengthen core muscles

Benefits

Strengthening core muscles prevents you from developing osteoporosis that is a common disease for women as we become older and it also gives you good posture which keeps stimulating your metabolism. The class surely trims your shape, improves your fitness and provides you a community to socialise which is lots healthier than sitting down with sugary drink/food at a café. Attending class will offer you a better quality life.

Class time & Fees

Classes: Tuesday, Wednesday and Thursday
9.30-10.30am

Fees: \$8 / session
\$60/ month

First class is free. Please ring or email and book your position.