

## **Aerobics**

### **Mothers/Female Teachers**

Welcome to DPS's unique Aerobics Programme for mothers and female teachers. Aerobics have proven to be an excellent way to develop life skills, such as plotting for success, self-discipline, goal setting, perseverance, teamwork and fitness. Ms Bushra Shahab the owner of a very successful professional studio, will be conducting the sessions This specific programme is designed to teach various skills, flexibility and strength training in an appropriate progression. This progression emphasizes safety first, fun second! Each one of you will be able to achieve success!

<b>Details</b>	<b>Terms</b>
Course Duration	Monthly Basis (Every Saturday)
Age	20 years onwards
Gender	Female
Category	Mothers and Teachers
Timings	10:00 am – 10:45 am
Fees for DPS Mothers/Teachers	Rs.500/- per month
Fees for Non DPS Mothers/Teachers	Rs.600/- per month