

# **BEST ECONOMICAL LADIES AND KIDS SPORTS CLASSES IN ABU DHABI**



# INTRODUCTION

Phi [Sports Management Company](#) tries to appliance an information into our fellow citizens for the own health, to start awareness culpable for working on the own body to gain energy, strength, resistance and to strengthen the immune system to achieve an overall mentally and physical well-being which reduces automatically the risk of cardiovascular trouble, obesity, diabetes, osteoporosis, and other civilization illnesses.

To meet the demands of a strong competitive globalized society kids have to get well prepared. We also want to promote body awareness, Fitness, and health through increased integration of physical education in nurseries and schools. We care about you and your kid with our focus on protection and safety. We have many years of experience in managing sports classes in nurseries and schools.



# WHAT DID WE DO?

If you are looking for a qualified and dedicated personal trainer in Abu Dhabi Phi Sports Management is the place to be. Phi Sports Management offers the best Sports Management activities Such as Karate, [Reem Island Sports Club](#), Ladies Sports Classes, Dancing Classes, Zumba, fitness, and Ballet Dances academy, Martial Arts, Nursery Sports Activities, Street Fighting Classes, Winter camp and Summer camp, Little Kids Sports classes in Abu Dhabi.

Our Vision is to promote a healthy life concept through sports management best practice. We are Try out the latest Fitness training techniques, including our functional Freestyle training area and a wide selection of group exercise classes at Phi Sports Management Reem Island Center in Abu Dhabi.

# LADIES SPORTS CLASSES ACTIVITIES

Group Exercise

Gym Floor Benefits

Yoga and Pilates

Fitness Dance Classes

Personal Training



# Group Exercise

1



Group fitness is a great way to get a workout in without having to think of any plan. We are Taking a fitness class and working out with your peers is one of the easiest and smooth ways to socially interact and stay on track to achieve your goals. Features of Group Exercises such as Motivation, Fitness Structure, Accountability, Physical progression and Social interaction with People.

# Gym Floor

2



Gym Floor is very important and helpful for Ladies, Features such as Enforcing Safety with Injury Prevention, Versatility, and Durability. Rubber flooring is enhancing more famous as gym and fitness center owners realize its many benefits. Many factors can abate the pelagic floor in women, such as pregnancy, childbirth, aging, and weight gain. The pelvic floor muscles support the womb, the bowels, and the bladder.

# Yoga and Pilates

3



Yoga provides a meditative environment for you to improve your overall quality of lifestyle. while improving your body. yoga and pilates exercises are very beneficial for Ladies. such as, It focuses on stress relief, improved flexibility, increased muscle strength and tone, improved body shapes, improved posture, particularly of your abdominal muscles, lower back, hips, and buttocks, increased body awareness and concentration, improved physical coordination and balance.

# Fitness Dance Classes

## 4



There are many types of dance classes such as Zumba, Aerobic, Ballet, Tabata, Ballroom, Street dance and hip hop, Jazzercise, Barre, Buti yoga fitness Dances for Ladies. We have Foundation agrees that dancing is a great way to stay in body shape. everyday dancing will reduce the risk of, high blood pressure, cardiovascular disease, 2 type diabetes, and cancer.



# Personal Training

5



If this sounds like you, it may be time to consider implementing daily strength training into your workout routine. [Abu Dhabi Personal Training](#) benefits such as Lose body fat quickly, Gain strength without the bulk, Burn calories, all day long, Decrease chances of osteoporosis, reduce the risk of heart disease.

How to join a gym, club or Our  
Sports and [fitness class in Abu  
Dhabi.](#)

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