



Hi **REAL FITNESS** Addicts:

Following the Government's directions on the extended stay home period, all Real Fitness outlets will remain closed till the **30<sup>th</sup> of MAY** as our priority now is the health and wellbeing of our team and you, our members.

Till then, stay safe, be well and keep hustling.

One of the most important things we can all do to look after ourselves is to carry on exercising. To support this, follow our instructors' accounts who are delivered daily workouts, going live, Q&A session, Dance Class to keep you active and not to miss your fitness regime at home. Keep an eye on these accounts: **Joey, Maung Maung Kyaw, Ruby, Chucky, Michelle.**

From all of the team Real, We hope that you stay safe and increase your immune system during this time at home along with Governments guidelines and we look forward to seeing you all again soon.

(Real Fitness Management Team)