

FAMILY BOND

Getting the family to work out together is a great way to ease stress, boost energy levels, instill positive family values (such as understanding and respect), stay in shape, and keep health related problems at bay. **MARK & JOKO** provides an all-in-one exercise training programme based on your family's dynamics

and each individual's strengths, weaknesses and personal preferences – creating a fun and exciting routine that your entire family will look forward to, leaving them begging for more.

INFORMATION 96 Owen Road, #01-02. Tel: 8223 7914
www.markjoko.sg

