

STRENGTH TRAINING PILATES HIIT YOGA FUNCTIONAL TRAINING





WEIGHT LOSS WORKOUT





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This program is designed to help you achieve a total body transformation in just 8 weeks! Whether you're looking to lose weight, tone up, or improve your overall fitness, this program will help you reach your goals. Each week, you'll have 5 workouts that target different areas of the body, along with a recommended meal plan to support your progress.

8 WEEKS

60 MINUTES 5 DAY A WEEK

JOIN NOW



PROFESSIONAL PROFILE

• EXPERIENCE:

- Over 10 years of experience in the fitness and bodybuilding industry.
- Successfully running a gym for more than 5 years.

AWARDS & ACHIEVEMENTS:

- Mr. Haryana
- Mr. Himachal
- Mr. North India
- Mr. Sher-e-Punjab
- Honored as a Guest Poser and Guest of Honor in numerous state-level championships.

• CLIENT RESULTS:

 Delivered exceptional transformations for over 400+ clients within the city.

• MENTORSHIP SUCCESS:

 Trained and guided 50+ students, leading them to win prestigious titles at district, state, and North India levels.

• BRAND COLLABORATION:

• Former Brand Athlete for ProBurst.



ROHIT VATS

(Senior trainer)

More than 10 years experiences





500+ REVIEWS



YEARS EXPERIENCE



HAPPY CLIENTS



PROFESSIONAL TRAINED

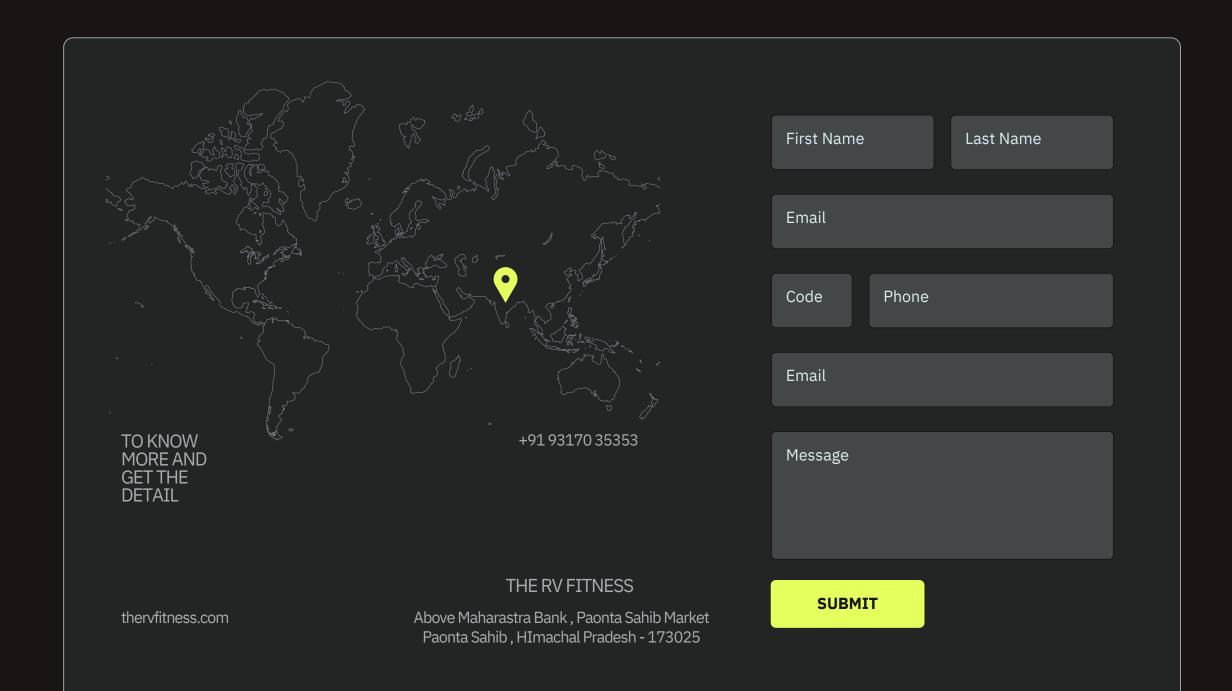


ABOUT WHO WE ARE

OUR MISSION IS TO PROVIDE SUPPORTIVE ENVIRONMENT WHERE PEOPLE OF ALL FITNESS LEVELS CAN ACHIEVE THEIR HEALTH GOALS.

At our center, we offer a wide range of equipment and amenities to help you get the most out of your workouts. But we're more than just a gym - we're a community of people who are committed to living a healthy and active lifestyle.

SEE PROGRAM







Choose Your Fitness Membership Plan

BASIC MEMBERSHIP

FEATURES

- Access to gym and standard fitness classes
- Basic fitness assessment
- Discounted personal training sessions

1200 /MONTH



PREMIUM MEMBERSHIP

FEATURES

- Unlimited access to gym and premium fitness classes
- Personalized fitness assessment and training plan

4000/MONTH



ELITE **MEMBERSHIP**

FEATURES

- 24/7 gym access
- Unlimited access to all classes and facilities
- Weekly personalized training sessions

17000/MONTH ●







FIT FOR SUCCESS: CORPORATE MEMBERSHIP

"Where Corporate Wellness Meets Personal Growth"

