



PROGRAM

TRAINER

PROMO

ABOUT



+91 93170 35353

FITNESS AND BODY BUILDER

JOIN NOW

STRENGTH TRAINING

PILATES

HIIT

YOGA

FUNCTIONAL TRAINING



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01

WEIGHT LOSS WORKOUT



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.**

ONLY PROFESSIONAL
IN TOWN

MEET OUR PROFESSIONAL

ROHIT VATS

(Senior trainer)

More than 10 years experiences



4.8

500+ REVIEWS

10+

YEARS EXPERIENCE

1000+

HAPPY CLIENTS

50+

PROFESSIONAL TRAINED

[PROGRAM](#)[TRAINER](#)[PACKAGE](#)[ABOUT](#)[+91 93170 35353](tel:+919317035353)

About us

KNOW MORE 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](#)



TO KNOW
MORE AND
GET THE
DETAIL

+91 93170 35353

First Name

Last Name

Email

Code

Phone

Email

Message

SUBMIT

thervfitness.com

THE RV FITNESS

Above Maharastra Bank , Paonta Sahib Market
Paonta Sahib , Himachal Pradesh - 173025

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"



BASIC

₹ 900 /month



MIN : 10 EMPLOYEE

Basic

- ➔ Access to basic gym facilities
- ➔ 2 personal training sessions /month
- ➔ Introductory fitness plan designed for beginners
- ➔ Monthly progress report to track fitness goals



GROWTH

₹ 700 /month



MIN : 20 EMPLOYEE

Explore Growth

- ➔ 3 group fitness classes per week (e.g., Yoga, Pilates, HIIT)
- ➔ Customized fitness plan tailored to your goals
- ➔ Bi-weekly reporting
- ➔ Priority email support



ENTERPRISE

₹ 500 /month



MIN : 30 EMPLOYEE

Go Enterprise

- ➔ Comprehensive fitness strategy with meal planning and lifestyle coaching
- ➔ Weekly progress reports and assessments
- ➔ Exclusive access to premium classes and workshops