

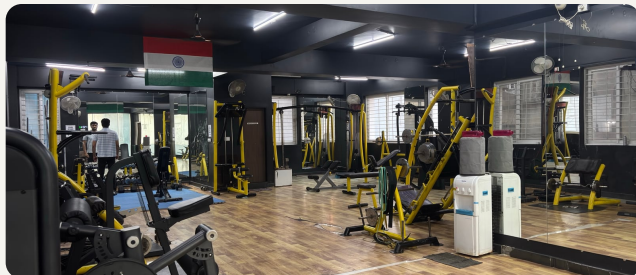


MADHAPUR | HYDERABAD

YOUR GYM. YOUR WAY TO TRAIN.

Find your way to stronger.

Four coaching options. Two floors. A starting point for you.



MEMBERSHIP OPTIONS

Tap a plan for details | taxes included

Strength & cardio

THIRD FLOOR | MON-SAT

1 MONTH

₹2,500

3 MONTHS

₹6,500

6 MONTHS

₹9,500

12 MONTHS

₹13,000

Angadh | functional & fat-loss

SECOND FLOOR | MON-SAT

1 MONTH

₹4,000

3 MONTHS

₹11,000

6 MONTHS

₹20,000

12 MONTHS

₹30,000

SHAKTHI | SMALL GROUP

₹20,000 / 3 months

Up to 5 members | Mon-Fri

PERSONAL TRAINING

From ₹10,000 / month

1-to-1 | 4 days each week

YOUR NEXT STEP

Tell us your goal >

Tap or scan | 1-minute form | Coach callback

Trainer guidance + both floors | Mon-Sat 6-11 AM, 4-10 PM | Sun closed





Shakthi. Train together.

A three-month coached programme on our second floor.

₹20,000 total

for three months | taxes included

UP TO FIVE MEMBERS

Monday-Friday | choose one fixed batch

MORNING

6:30-7:30, 7:30-8:30 or 8:30-9:30 AM

EVENING 6:30-7:30 or 7:30-8:30 PM



A COACHED SESSION

Warm-up > skill and strength > conditioning > cool-down

Guidance does not stop after day one.

START WELL

We learn your fitness level and mobility.

TRAIN WITH HELP

A trainer guides you.
Every day is logged.

SEE PROGRESS

We review repeatable sessions every 15 days.

Movements and loads adapt to your level. If you miss two training days, our team checks in. The next page shows an illustrative week.

YOUR NEXT STEP

Ask about Shakthi >

Tap or scan | 1-minute form | Coach callback





Five days. A clear purpose.

A real example of how strength, skill and conditioning can rotate.

Your coach adjusts movements, loads and recovery to your level.

MON**Snatch skill + leg strength**

Assisted squat, lunges, curls and hip thrusts

TUE**Back-squat practice + leg circuit**

Box steps, Cossack squats and a controlled wall sit

WED**Power-snatch skill + shoulders**

Press variations, ropes and high knees

THU**Hinge practice + pulling strength**

Deadlift, kettlebell or landmine rows and lunges

FRI**Overhead squat + mobility**

Squat and lunge patterns, calf work and stretching

Illustrative coach-shared sessions. Your batch may follow a different order, and your trainer will scale technical lifts to your starting level.

YOUR NEXT STEP**Ask about Shakthi >**

Tap or scan | 1-minute form | Coach callback



Angadh. Beyond the desk.

Individual coached training | second floor | from ₹4,000/month



WHAT DOES FUNCTIONAL TRAINING MEAN?

Practise useful movements - squatting, hinging, pushing, pulling and carrying - with strength and conditioning at your level. For desk-heavy days, it makes varied movement and a repeatable routine practical.



STRENGTH

Lift and carry well



MOVEMENT

Learn useful patterns



POSTURE

Build awareness



MOBILITY

Explore your range



STAMINA

Condition gradually



FAT-LOSS

Support your plan

A SESSION CAN LOOK LIKE THIS

- LOWER BODY** Squat practice, leg circuit and cool-down
- UPPER BODY** Power-snatch skill, shoulder work and ropes
- HINGE + CORE** Deadlift practice, kettlebell rows and trunk work

Your coach adapts the load and exercises. Mobility and posture awareness can develop over time; no particular fat-loss or posture result is guaranteed.

YOUR NEXT STEP

Ask about Angadh >

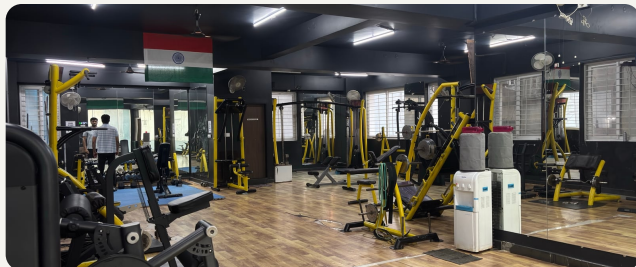
Tap or scan | 1-minute form | Coach callback





A plan shaped around you.

Dedicated one-to-one coaching on both floors.



PERSONAL TRAINING | FOUR DAYS A WEEK

From ₹10,000 / month

A complete personalised workout plan with a coach choosing exercises, technique practice and progression around your goals and current level. Fees vary with goals and complexity.

Example: strength | movement | conditioning | goal-specific work

YOUR FIRST VISIT

TELL US

Your goal and routine

SEE THE SPACE

Both floors and options

START WELL

A suitable next step

Gym hours: Mon-Sat, 6-11 AM and 4-10 PM | Sunday closed

Compare every plan at imfit.in/plans >

Call +91 85073 33555 | Find us in Madhapur >

YOUR NEXT STEP

Ask about personal training >

Tap or scan | 1-minute form | Coach callback

