



***FUNCTIONAL
FITNESS***



GYM





EXPERIENCE
NOIDA'S
BIGGEST
GYM!

Join Now

** FUNCTIONAL
FITNESS**



WELCOME TO FUNCTIONAL FITNESS

At our gym, we believe in providing a comprehensive and motivating environment for all your fitness needs. Whether you're looking to spin your way to better health in our energetic Spinning Classes or take advantage of our state-of-the-art facilities, we have something for everyone. Our expert trainers are dedicated to helping you achieve your goals, offering personalized guidance and support every step of the way.



FACILITIES



Cardio



Crossfit (wod)



Zumba



Aerobics



Yoga



Kick Boxing



Diet Consulting



Steam Room



Pilates



MMA
(Mixed Martial Arts)



Centralised
Air conditioned



100% Power
Backup



Spinning
Classes



Sports
Arena



Locker
Room



Ice Bath
Therapy

12000 SQFT

**40%
OFF**

**INAUGURAL
OFFER**

**1 DAY FREE
TRIAL**

**COMPLIMENTARY
CLASSES**



OUR
CURRENT
BRANCHES

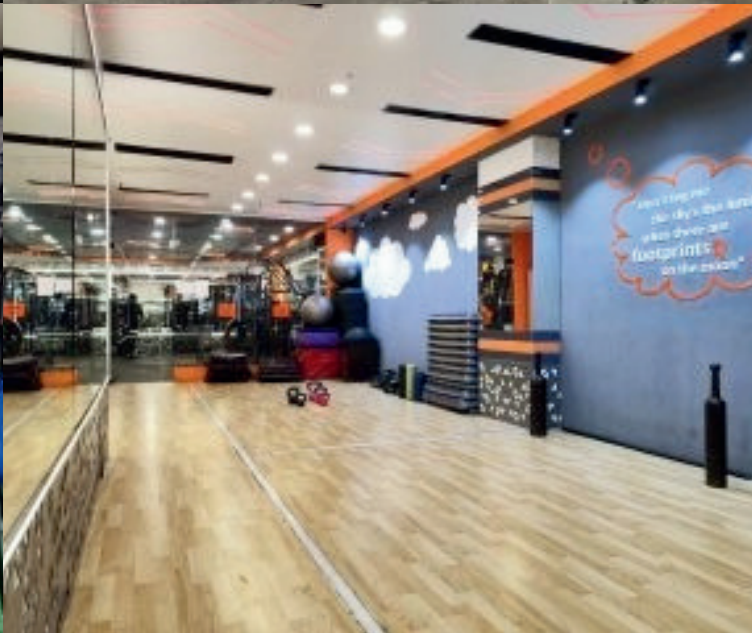


Vasundhara Branch, 14000sqft Multi-Floor Gym



Vasundhara Branch, 14000sqft Multi-Floor Gym





Indirapuram Branch, 8000sqft Gym & Spa

ATTRACTIVE FACILITIES



Noida's Biggest Gym | 12000sqft | Coming Soon

ICE BATH THERAPY



*IMAGES ARE FOR REPRESENTATION PURPOSES ONLY.

MAJOR HEALTH BENEFITS

REDUCES MUSCLE SORENESS

ICE BATHS HELP DECREASE INFLAMMATION AND SPEED UP MUSCLE RECOVERY AFTER INTENSE WORKOUTS OR PHYSICAL ACTIVITY.

BOOSTS CIRCULATION

COLD EXPOSURE ENHANCES BLOOD FLOW AS THE BODY WORKS TO WARM ITSELF, PROMOTING OVERALL CARDIOVASCULAR HEALTH.

EASES STRESS & ANXIETY

THE SHOCK OF COLD WATER TRIGGERS THE RELEASE OF ENDORPHINS, IMPROVING MOOD AND REDUCING STRESS LEVELS.

IMPROVES SLEEP QUALITY

REGULAR COLD THERAPY CAN HELP REGULATE THE NERVOUS SYSTEM, LEADING TO DEEPER AND MORE RESTORATIVE SLEEP.

ENHANCES MENTAL RESILIENCE

THE CHALLENGE OF ENDURING COLD EXPOSURE STRENGTHENS FOCUS, DISCIPLINE, AND MENTAL TOUGHNESS.

MMA RING



*IMAGES ARE FOR REPRESENTATION PURPOSES ONLY.

BENEFITS OF PRACTICING MMA (MIXED MARTIAL ARTS)

FULL-BODY WORKOUT

MMA COMBINES STRENGTH, CARDIO, AND FLEXIBILITY TRAINING, IMPROVING OVERALL PHYSICAL FITNESS.

SELF-DEFENSE SKILLS

TEACHES PRACTICAL COMBAT TECHNIQUES THAT CAN BE USED FOR PERSONAL PROTECTION.

MENTAL DISCIPLINE

ENHANCES FOCUS, DETERMINATION, AND RESILIENCE THROUGH RIGOROUS TRAINING AND COMPETITION.

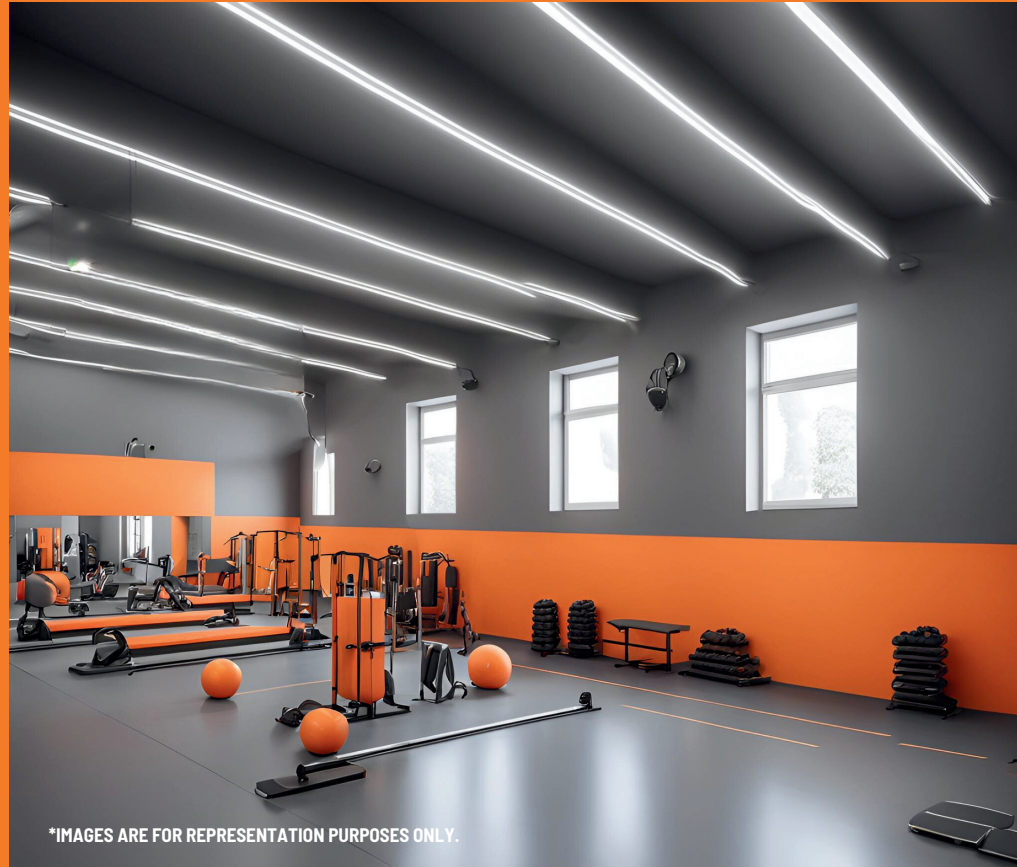
STRESS RELIEF

RELEASES ENDORPHINS AND PROVIDES AN OUTLET FOR PENT-UP ENERGY, REDUCING STRESS AND IMPROVING MOOD.

BUILDS CONFIDENCE

MASTERING SKILLS AND ACHIEVING GOALS IN MMA FOSTERS A SENSE OF ACCOMPLISHMENT AND SELF-ASSURANCE.

AEROBICS HALL



BENEFITS OF AEROBICS

IMPROVES CARDIOVASCULAR HEALTH

STRENGTHENS THE HEART AND LUNGS, ENHANCING OVERALL ENDURANCE AND CIRCULATION.

BOOSTS MENTAL HEALTH

RELEASES ENDORPHINS, REDUCING STRESS, ANXIETY, AND DEPRESSION WHILE IMPROVING MOOD.

SUPPORTS WEIGHT MANAGEMENT

BURNS CALORIES EFFECTIVELY, HELPING MAINTAIN A HEALTHY WEIGHT.

ENHANCES COORDINATION & FLEXIBILITY

COMBINES RHYTHMIC MOVEMENTS THAT IMPROVE BALANCE, AGILITY, AND JOINT FLEXIBILITY.

PROMOTES LONG-TERM HEALTH

REDUCES THE RISK OF CHRONIC CONDITIONS LIKE DIABETES, HYPERTENSION, AND OSTEOPOROSIS.



MEMBERSHIP PRICING

40,000/-

ANNUAL

35,000/-

HALF YEARLY

25,000/-

QUARTERLY

12,000/-

MONTHLY



BIG DISCOUNTS



24,000/-

ANNUAL

21,000/-

HALF YEARLY

15,000/-

QUARTERLY

7,200/-

MONTHLY

*valid only until January 2025.



CONTACT US

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**Our Branches : Indrapuram, Vasundhara Sec 15,
Noida 104**

