



EDITION #7

# PRO ULTIMATE GYMS

MONTHLY NEWSLETTER **FEBRUARY 2025**

**WAVE ESTATE'S** **FINISH**  
**MAKATHON**  
RESIDENTS WELFARE ASSOCIATION, WAVE ESTATE SECTOR 85, MOHALI



**RUN TO  
GET FIT!**



**2025**  
RESOLUTION



**IGNITING THE  
SPARK OF FITNESS,  
FUELING THE FLAME OF STRENGTH!**

# TRAINER OF THE MONTH



**Aditya Khanna**

Pro Ultimate Gyms,  
Airport Road, Mohali



**Sagar**

Pro Ultimate Gyms,  
Ludhiana, Punjab



**Himanshu**

Pro Ultimate Gyms,  
Model Town, Ambala



**Harsh**

Pro Ultimate Gyms,  
Phase 2, Mohali



**Parav**

Pro Ultimate Gyms,  
Paras Ram Nagar, Bathinda



**Arshdeep Singh**

Pro Ultimate Gyms,  
100 ft Road, Bathinda



**Krishna**

Pro Ultimate Gyms,  
Khanpur, Kharar



**Rohan**

Pro Ultimate Gyms,  
Saket, New Delhi



**Karan**

Pro Ultimate Gyms,  
Sector 22, Chandigarh



**Vijay**

Pro Ultimate Gyms,  
Hyderabad



**Rajat Kalara**

Pro Ultimate Gyms,  
Sector 46, Chandigarh



**Ashwani**

Pro Ultimate Gyms,  
Rewari, Haryana



**Sarbjot**

Pro Ultimate Gyms,  
Sunny Enclave, Mohali



# TRAINER OF THE MONTH



**Manan Verma**

Pro Ultimate Gyms,  
Ludhiana, Punjab



**Mohit**

Pro Ultimate Gyms,  
Sector 70, Mohali



**Sunny**

Pro Ultimate Gyms,  
Palam Vihar, Gurugram



**Anuj Singh**

Pro Ultimate Gyms,  
Sector 89, Mohali



**Raghav**

Pro Ultimate Gyms,  
Sector 14, Panchkula



**Abhishek**

Pro Ultimate Gyms,  
Sector 32, Chandigarh



**Rajesh**

Pro Ultimate Gyms,  
Sector 38, Chandigarh



**Vikas**

Pro Ultimate Gyms,  
Sector 71, Mohali



**Sanjeev**

Pro Ultimate Gyms,  
Sector 70, Mohali



**Sparsh**

Pro Ultimate Gyms,  
Sector 44, Chandigarh



**Akash**

Pro Ultimate Gyms,  
TDI 117, Mohali



**Mohit**

Pro Ultimate Gyms,  
Sector 70, Mohali



**Sahil**

Pro Ultimate Gyms,  
Sector 48, Gurgaon



**Kartik Ahuja**

Pro Ultimate Gyms,  
Sector 14, Gurgaon



**Rohit**

Pro Ultimate Gyms,  
Sector 105, Emaar, Mohali



**Mohit Kashyap**

Pro Ultimate Gyms,  
Sector 105, Emaar, Mohali

# **BRANCH** OF THE MONTH



**Pro Ultimate Gyms,**  
**Palam Vihar, Gurugram**

## **AREA SALES MANAGER** **OF THE MONTH**



**Navjot Singh**  
Pro Ultimate Gyms

## **FLOOR MANAGER** **OF THE MONTH**



**Abhishek**  
Pro Ultimate Gyms, Palam Vihar, Gurugram





# NEW BRANCHES

## NOW OPEN

**Bhavnagar, Gujarat**  
**Hargobind Enc., New Delhi**  
**Sector 7, Gurugram**  
**Jalandhar, Punjab**

## OPENING SOON

**Lucknow, UP**  
**MDC, Sector 5, Panchkula**  
**Rajpura, Punjab**  
**Urban Estate, Ludhiana**  
**Sector 16, Faridabad**  
**Park Panaroma, Bathinda**  
**Karnal, Haryana**  
**Ambala Cantt. Haryana**  
**Bhupindra Road, Patiala**

**FASTEST GROWING INDIAN GYM CHAIN**

# EVENTS

## PRO ULTIMATE GYMS CHAMPIONS OF FITNESS & WELLNESS

As a proud co-sponsor of the marathon held at Wave Estate, Sector 85, Pro Ultimate Gyms elevated the event with an electrifying dance session, exclusive merchandise giveaways, and free trial coupons to inspire lasting fitness journeys. This is just the beginning—stay tuned for more exciting events.



# TESTIMONIALS

## BY FRANCHISE PARTNERS



### **MOHIT DOGRA**

#### **MODEL TOWN, JALANDHAR**

I, Mohit Dogra from Himachal Pradesh, began my journey at Pro Ultimate Gyms three years ago as a trainer. With dedication, I advanced to senior trainer, floor manager, and now Owner of Pro Ultimate Gym Jalandhar. It has been incredible to achieve my dream in such a short time, thanks to the guidance and motivation from my mentors, Rahul Makan Sir and Pratyaksh Kapil Sir. I am grateful to my Pro Ultimate family and offer a special thanks to Mr. Abhishek Gagneja Sir.

### **MOHAK MAKKAR**

#### **SECTOR 7, GURUGRAM**

It was all a dream. On Jan 1, 2022, I joined Pro Ultimate Gyms at Sector 127 under my mentor, Mr. Anurag Bhatia, with no clear path. This journey transformed me, leading to my dream—owning a gym. Today, Jan 20, 2025, that dream is a reality in Sector 7, Gurgaon. I'm deeply grateful to my mentors, including Mr. Abhishek Gagneja, Mrs. Anupam, Mr. Suryansh Pandit, Ms. Tanya, Mr. Jai Rathi, Mr. Karan Hasijah, and Mr. Gajendra Singh. On Oct 6, in front of 200 employees, I vowed to set a record—now, I'm creating history.





WHAT'S NEW AT

# ULTIMATE GYM SOLUTIONS

## NEW ON YOUTUBE



Abhishek Gagneja - Ultimate Gym Solutions ✓

157K subscribers



IHFF Sheru Classic - Amateur Olympia 2024  
- Highlights | ProUltimate

5.6K views • 3 weeks ago



1.5 CRORE Luxury Gym in Panchkula | Pro  
Ultimate Gyms

2.9K views • 1 day ago



1.4 CRORE Luxury Gym in New Delhi | Pro  
Ultimate Gyms

6.3K views • 2 weeks ago



NEW Gym Open in Phagwara, Punjab | 500+  
Members in 1 Month | Pro Ultimate Gyms

5.2K views • 8 days ago



NEW Impact Series | Premium Machines at  
Heavy Discount | ProUltimate

5.6K views • 3 weeks ago



Pro Ultimate in Kashmir?

400 views • 4 days ago

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# IMPORTANT



## SCHEDULE FOR UPCOMING MONTH

Activity	Date(s)	Location
Sales Meeting	March 6th	Corporate Office, Mohali
	March 7th	
	March 8th	
Online Operations Training	March 11th	Virtual, ZOOM
	March 12th	
	March 13th	
	March 14th	
Offline Operations Training	March 24th	Corporate Office, Mohali
	March 25th	



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