



EDITION #15

# PRO ULTIMATE GYMS

MONTHLY NEWSLETTER **OCTOBER 2025**



**FIRST BRANCH IN  
MADHYA PRADESH**

**COMING  
SOON**

*Celebrating*  
**WORLD HEART DAY**  
WITH **LIVAASA HOSPITAL**

# TRAINERS OF THE MONTH



**Abhishek**

Pro Ultimate Gyms,  
Ambala Cantt.



**Mohit**

Pro Ultimate Gyms,  
Ambala Cantt.



**Abhishek**

Pro Ultimate Gyms,  
Dhakoli, Punjab



**Akashdeep**

Pro Ultimate Gyms,  
Park Panorama, Bathinda



**Aman Dogra**

Pro Ultimate Gyms,  
Phase II, Mohali



**Akshay**

Pro Ultimate Gyms,  
Ambala Road, Zirakpur



**Amandeep**

Pro Ultimate Gyms,  
Sector 117, TDI, Mohali



**Anish**

Pro Ultimate Gyms,  
Ropar, Punjab



**Ankush**

Pro Ultimate Gyms,  
Patala Road, Zirakpur



**Anshul**

Pro Ultimate Gyms,  
Sector 8, Panchkula



**Bittu**

Pro Ultimate Gyms,  
Rajpura, Punjab



**Cherry**

Pro Ultimate Gyms,  
100ft. Road, Bathinda

# TRAINERS OF THE MONTH



**Deepraj**

Pro Ultimate Gyms,  
Sunny Enclave, Mohali



**Avinash**

Pro Ultimate Gyms,  
Sector 17, Dwarka



**Rahul Gupta**

Pro Ultimate Gyms,  
Faridabad, Haryana



**Garvit Kapoor**

Pro Ultimate Gyms,  
Hargobind Enclave, Delhi



**Harsh**

Pro Ultimate Gyms,  
Urban Estate, Ludhiana



**Harsha**

Pro Ultimate Gyms,  
Hyderabad, Telangana



**Hussain**

Pro Ultimate Gyms,  
Hubballi, Karnataka



**Indar**

Pro Ultimate Gyms,  
Ambala City



**Jagpreet Singh**

Pro Ultimate Gyms,  
Parasram Nagar, Bathinda



**Krish**

Pro Ultimate Gyms,  
Aroma, Sector 22



**Krishnam**

Pro Ultimate Gyms,  
Urban Estate, Patiala



**Kunal**

Pro Ultimate Gyms,  
Kurukshetra, Haryana

# TRAINERS OF THE MONTH



**Mantesh**

Pro Ultimate Gyms,  
Hubballi, Karnataka



**Raja**

Pro Ultimate Gyms,  
Model Town Delhi



**Mohan**

Pro Ultimate Gyms,  
Kurukshetra, Haryana



**Mohit**

Pro Ultimate Gyms,  
Emaar Mohali Hills



**Mohit**

Pro Ultimate Gyms,  
Sector 70, Mohali



**Moni**

Pro Ultimate Gyms,  
Rajpura, Branch



**Nishu**

Pro Ultimate Gyms,  
Sector 14, Gurugram



**Nikhil Yadav**

Pro Ultimate Gyms,  
Sector 49, Noida



**Ashwani**

Pro Ultimate Gyms,  
Pitampura, Delhi



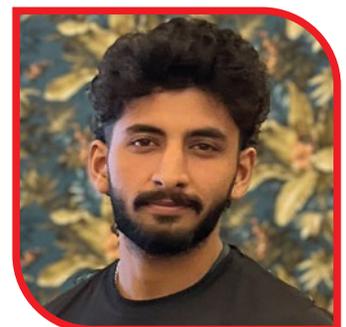
**Piyush**

Pro Ultimate Gyms,  
MDC, Panchkula



**Satyam**

Pro Ultimate Gyms,  
Sector 14, Panchkula



**Pratham**

Pro Ultimate Gyms,  
Bhupendra Road, Patiala

# TRAINERS OF THE MONTH



**Parikshit**

Pro Ultimate Gyms,  
Sector 71, Mohali



**Rahul**

Pro Ultimate Gyms,  
Kurukshetra, Haryana



**Rajat**

Pro Ultimate Gyms,  
Sector 46, Chandigarh



**Raman**

Pro Ultimate Gyms,  
Urban Estate, Patiala



**Zain**

Pro Ultimate Gyms,  
Saket, New Delhi



**Sawan**

Pro Ultimate Gyms,  
Sector 91, Mohali



**Shahrukh**

Pro Ultimate Gyms,  
Sector 7, Gurugram



**Shivam**

Pro Ultimate Gyms,  
Bank Square, Kharar



**Sidhant**

Pro Ultimate Gyms,  
Bestech, Mohali



**Sunny Verma**

Pro Ultimate Gyms,  
Phase 2, Mohali



**Sunny**

Pro Ultimate Gyms,  
Sector 102, Gurugram



**Parveen**

Pro Ultimate Gyms,  
Sector 102, Gurugram

# TRAINERS OF THE MONTH



**Suraj**

Pro Ultimate Gyms,  
Palam Vihar, Gurugram



**Ankit**

Pro Ultimate Gyms,  
Sector 32, Chandigarh



**Deepak**

Pro Ultimate Gyms,  
Khanna, Punjab



**Vinod**

Pro Ultimate Gyms,  
Sector 38, Chandigarh



**Vali**

Pro Ultimate Gyms,  
Patiala Road, Zirakpur



**Vijay**

Pro Ultimate Gyms,  
Karnal, Haryana



**Vimlesh**

Pro Ultimate Gyms,  
Sector 89, Mohali



**Vinit**

Pro Ultimate Gyms,  
Sector 48, Gurugram



**Yash**

Pro Ultimate Gyms,  
Model Town, Ambala



**Jaskaran**

Pro Ultimate Gyms,  
Jaipur



**YOU CAN BE  
NEXT**

# **SPECIAL ACHIEVEMENTS OF THE MONTH**



**Pro Ultimate Gyms, Ashok Vihar, Gurugram**



**Pro Ultimate Gyms, Kurukshetra, Haryana**

# BRANCHES OF THE MONTH



**Pro Ultimate Gyms,  
Phagwara, Punjab**



**Pro Ultimate Gyms,  
Ropar, Punjab**

# BRANCHES OF THE MONTH



**Pro Ultimate Gyms,  
Sector 102, Gurugram**

# AREA SALES MANAGERS OF THE MONTH



**Sanjana**  
Pro Ultimate Gyms



**Nishant**  
Pro Ultimate Gyms

# FLOOR MANAGERS OF THE MONTH



**Sunny Tyagi**  
Hargobind Enclave, Delhi



**Himanshu**  
Model Town, Ambala



**Rajesh**  
Sector 38, Chandigarh

# FLOOR MANAGERS OF THE MONTH



**Saurav**

Sector 22, Chandigarh



**Anoop**

Sector 7, Gurugram

# NEWLY PROMOTED SR SALES EXECUTIVE



**Gautam**

Phagwara, Punjab

# NEWLY PROMOTED FLOOR MANAGERS



**Sushant**

Sector 14, Gurugram



**Ranvijay**

Sector 17, Dwarka



**Jaskaran**

Jaipur



# NEW BRANCHES

## NOW OPEN

**Sector 37C, Gurugram**  
**Sector 23, Dwarka, Delhi**  
**Sector 62, Gurugram**  
**Sector 38, Ludhiana**  
**Mukut House, Amritsar**  
**Omaxe, New Chandigarh**  
**Sector 34, Chandigarh**



## OPENING SOON

**Uttam Nagar, Delhi**  
**Sector 24, Rohini, Delhi**  
**DLF, Galleria Market, Gurugram**  
**Sector 57, Gurugram**  
**Patti, Punjab**  
**Sector 56, Gurugram**  
**Geeta Colony, Delhi**  
**Medallion, Sector 68, Mohali**  
**Ashok Vihar, Delhi**  
**Pitampura, Block DP, Delhi**  
**Paschim Vihar, Delhi**  
**Bhopal, Madhya Pradesh**  
**Muktsar, Punjab**  
**Sector 149, Noida**  
**Chattarpur, Delhi**  
**Sector 7, Chandigarh**

**INDIA'S FASTEST GROWING GYM CHAIN**

# EVENTS

## I AM A FINISHER – NCC HEALTH RUN SPONSORED BY “PRO ULTIMATE GYMS”

A vibrant morning unfolded at Sukhna Lake, Chandigarh, as fitness enthusiasts gathered for the NCC Health Run, celebrating wellness and determination. Sponsored by Pro Ultimate Gyms, the event highlighted the importance of staying active and healthy. Participants proudly stood beneath the “I AM A FINISHER” banner, marking the completion of a meaningful journey toward better health. To further encourage their fitness goals, runners were awarded gym coupons. It was a memorable day of unity, effort, and motivation toward a healthier lifestyle.



# EVENTS

## WORLD HEART DAY WALKATHON IN COLLABORATION WITH LIVAASA HOSPITAL

On World Heart Day, Livaasa Hospital joined hands with Pro Ultimate Gyms to host a spirited walkathon dedicated to heart health and fitness awareness. The event brought together enthusiastic participants who engaged in energizing exercises and lively Zumba sessions, promoting an active and heart-healthy lifestyle. The atmosphere was filled with motivation, community spirit, and a shared commitment to wellness. As a token of appreciation, participants were awarded gym shakers and bags, encouraging them to continue their fitness journeys beyond the event.



# TESTIMONIALS

## BY FRANCHISE PARTNERS



### **ABHINAV SINGHAL**

#### **ASHOK VIHAR, DELHI**

My journey with Pro Ultimate Gyms began in February 2024 as a Gym Trainer. With dedication, passion, and consistency, I was promoted to Floor Manager at PUG Sector 70, Mohali, within just seven months.

I'm deeply thankful to my branch owner and mentor, Mr. Rahul Makan, for his constant guidance and for giving me this great opportunity to grow.

Today, I'm proud to share that I've opened my own branch in Ashok Vihar, Delhi. It's been an amazing journey so far, filled with learning, growth, and unforgettable experiences.

### **PRASHANT BAINS**

#### **JALANDHAR & ASHOK VIHAR, DELHI**

My journey with Pro Ultimate Gyms began in May 2022 as a Fitness Coach. With dedication, passion, and continuous learning, I was promoted to Floor Manager – a role that allowed me to guide more people toward their fitness goals. In 2023, I proudly represented myself in a bodybuilding competition and achieved a Gold Medal, which further strengthened my belief in discipline and consistency. Taking that same energy forward, I opened my first branch in Jalandhar in 2024, and now, I'm excited to announce the opening of my new branch in Ashok Vihar, Delhi. I'm truly grateful to my team and the company for the trust and support throughout this incredible path.



# NEW ON YOUTUBE



Abhishek Gagneja - Pro Ultimate

@proultimate.gymequipment · 266K subscribers · 1.3K videos

Welcome to the Pro Ultimate - Gym Equipment YouTube Channel - your go-to source for...more  
[instagram.com/proultimateindia](https://www.instagram.com/proultimateindia) and 7 more links

Subscribe

Visit Community



Pro Ultimate in Dubai! 🤩

2.6K views · 2 weeks ago



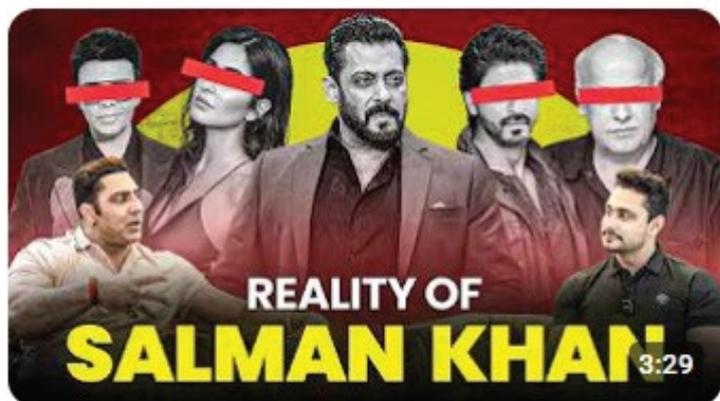
It's so hard for bodybuilders to get a girlfriend? Varinder Ghuman

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Complete Gym Tour: Pro Ultimate Gyms - Hargobind Enclave, Delhi

18K views · 3 weeks ago



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# IMPORTANT



## SCHEDULE FOR NOVEMBER 2025

Training / Meeting	Day & Date	Venue	For
Sales Meeting	Thursday, 6 <sup>th</sup> November	Offline - Tricity	Tricity Branches
	Friday, 7 <sup>th</sup> November	Offline - Tricity	Other Regions
	Saturday, 8 <sup>th</sup> November	Offline - NCR	NCR Branches
	Monday, 10 <sup>th</sup> November	Online	Remote Branches
New Joinee Induction Training	Thursday & Friday 13 <sup>th</sup> & 14 <sup>th</sup> November	Offline - NCR	Newly Hired Sales Staff, Trainers, FMs & Owners
New Joinee Software Training	Monday, 17 <sup>th</sup> November	Online - NCR	Newly Hired Sales Staff, Trainers, FMs & Owners
New Joinee Induction & Software Training	Thursday & Friday, 20 <sup>th</sup> & 21 <sup>st</sup> November	Offline - Tricity	Newly Hired Sales Staff, Trainers, FMs & Owners



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