



EDITION #16

PRO ULTIMATE GYMS

MONTHLY NEWSLETTER **NOVEMBER 2025**



what's New? 
TITLE SPONSOR
OF



< *Announcements* >

NEW BRANCH IN WEST BENGAL!

COMING SOON

WE'RE READY TO ROCK **IHFF ONCE MORE!**

NOVEMBER 21-23 IN MUMBAI

TRAINERS OF THE MONTH



Amandeep

Pro Ultimate Gyms,
Sector 117, TDI, Mohali



Aditya

Pro Ultimate Gyms,
Jaipur



Aman Dogra

Pro Ultimate Gyms,
Phase 11, Mohali



Anshu

Pro Ultimate Gyms,
Sector 102, Gurugram



Anshul

Pro Ultimate Gyms,
Sector 8, Panchkula



Ashwani

Pro Ultimate Gyms,
Faridabad



Ashwini

Pro Ultimate Gyms,
Rani Bagh Rd, Pitampura



Azad

Pro Ultimate Gyms,
Sector 49, Noida



Dharmindra

Pro Ultimate Gyms,
Hargobind Enclave, Delhi



Harkirat

Pro Ultimate Gyms,
Airport Road, Mohali



Ishwar

Pro Ultimate Gyms,
Urban Estate, Patiala



Jagpreet

Pro Ultimate Gyms,
Parasram Nagar, Bathinda

TRAINERS OF THE MONTH



Jatin

Pro Ultimate Gyms,
Palam Vihar, Gurugram



Lalit

Pro Ultimate Gyms,
Sector 14, Panchkula



Manoj

Pro Ultimate Gyms,
Sector 17, Dwarka



Mayank

Pro Ultimate Gyms,
Model Town, Delhi



Mehar Singh

Pro Ultimate Gyms,
Bhikhiwind, Punjab



Mithlesh

Pro Ultimate Gyms,
Ambala Cantt.



Hussain

Pro Ultimate Gyms,
Hubballi, Karnataka



Mohit

Pro Ultimate Gyms,
Sector 70, Mohali



Mohit

Pro Ultimate Gyms,
Emaar Mohali Hills



Moni

Pro Ultimate Gyms,
Rajpura, Punjab



Narayan

Pro Ultimate Gyms,
Sunny Enclave, Kharar



Pankush

Pro Ultimate Gyms,
Bhupindra Road, Patiala

TRAINERS OF THE MONTH



Piyush

Pro Ultimate Gyms,
MDC, Panchkula



Rajat Kalra

Pro Ultimate Gyms,
Sector 46, Chandigarh



Rishal

Pro Ultimate Gyms,
Khanpur, Kharar



Sahil

Pro Ultimate Gyms,
Kurukshetra



Sahil

Pro Ultimate Gyms,
Sector 48, Gurugram



Shivam

Pro Ultimate Gyms,
Wave Estate, Mohali



Shubham

Pro Ultimate Gyms,
Sector 44, Chandigarh



Suraj

Pro Ultimate Gyms,
Jalandhar, Punjab



Hitesh

Pro Ultimate Gyms,
MDC, Panchkula



Vali

Pro Ultimate Gyms,
Patiala Rd, Zirakpur



Vijay

Pro Ultimate Gyms,
Ferozepur Road, Ludhiana



Vikrant

Pro Ultimate Gyms,
Sirhind, Punjab

TRAINERS OF THE MONTH



Vinod

Pro Ultimate Gyms,
Sector 38, Chandigarh



Yash

Pro Ultimate Gyms,
Model Town, Ambala



Zain

Pro Ultimate Gyms,
Saket, New Delhi



Rahul

Pro Ultimate Gyms,
Hyderabad



Sunny Verma

Pro Ultimate Gyms,
Phase 2, Mohali



Karanjot

Pro Ultimate Gyms,
Sector 71, Mohali



Sachin

Pro Ultimate Gyms,
Sector 91, Mohali



Kuljit

Pro Ultimate Gyms,
Bestech, Mohali



**YOU CAN BE
NEXT**

Congratulations to all the Winners!

Your hard work and dedication are clearly reflected in the impressive performance you've given. Best of luck to all the other trainers from all the gyms for next month! Keep up the great work !

SPECIAL ACHIEVEMENTS OF THE MONTH



Pro Ultimate Gyms, Sector 23, Dwarka



Pro Ultimate Gyms, Sector 62, Gurugram

BRANCHES OF THE MONTH



**Pro Ultimate Gyms,
Ambala Cantt, Haryana**



**Pro Ultimate Gyms,
Sector 38, Chandigarh**

BRANCHES OF THE MONTH



**Pro Ultimate Gyms,
Bhikhiwind, Punjab**



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

FLOOR MANAGERS OF THE MONTH



Rohit

Hubballi, Karnataka



Kamal

MDC, Panchkula



Omid

Palam Vihar, Gurugram

AREA SALES MANAGERS OF THE MONTH



Divyansh

Pro Ultimate Gyms



Atul

Pro Ultimate Gyms

NEWLY PROMOTED AREA SALES MANAGER



Priyanka

Pro Ultimate Gyms

NEWLY PROMOTED CLUSTER MANAGERS



Pankaj Mehta
Pro Ultimate Gyms



Guriquable Singh
Pro Ultimate Gyms

NEWLY PROMOTED SR SALES EXECUTIVES



Navjot Kaur
Bhikhiwind, Punjab



Simran
100 Ft. Road, Bathinda



Natisha
Sector 7, Chnadigarh

NEWLY PROMOTED FLOOR MANAGERS



Bhanu

Kurukshetra, Haryana



Ishwar

Urban Estate, Patiala



Sagar Sahota

Ferozepur Road, Ludhiana



Satyam

Sector 7, Chandigarh



Vinod

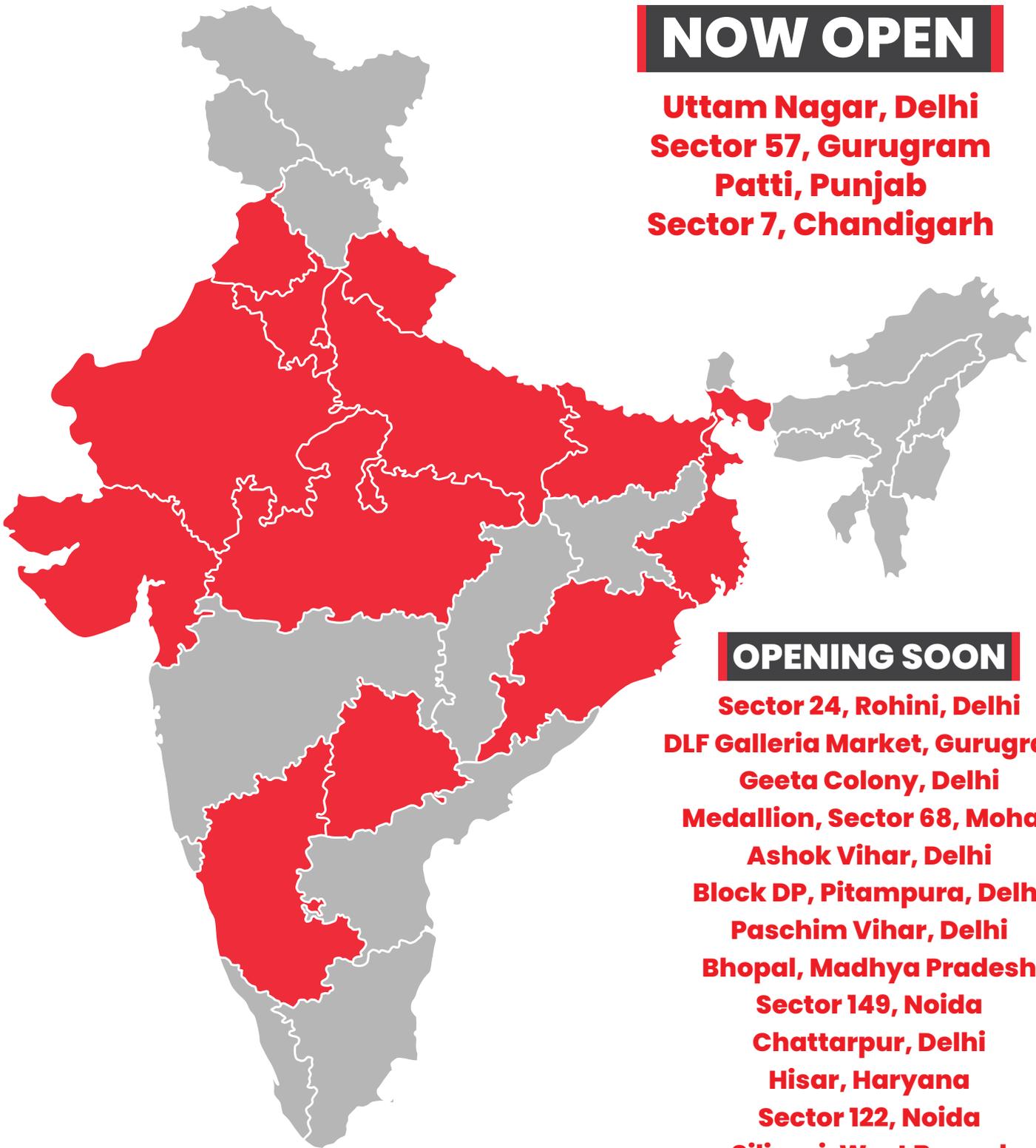
Sector 38, Chandigarh



NEW BRANCHES

NOW OPEN

Uttam Nagar, Delhi
Sector 57, Gurugram
Patti, Punjab
Sector 7, Chandigarh



OPENING SOON

Sector 24, Rohini, Delhi
DLF Galleria Market, Gurugram
Geeta Colony, Delhi
Medallion, Sector 68, Mohali
Ashok Vihar, Delhi
Block DP, Pitampura, Delhi
Paschim Vihar, Delhi
Bhopal, Madhya Pradesh
Sector 149, Noida
Chattarpur, Delhi
Hisar, Haryana
Sector 122, Noida
Siliguri, West Bengal
Sarabha Nagar, Ludhiana

INDIA'S FASTEST GROWING GYM CHAIN



PRO ULTIMATE

Presents



We are coming to

IHHF

HEALTH, SPORTS, FITNESS & WELLNESS EXPO

21 - 23 November

BOMBAY EXHIBITION CENTRE, MUMBAI

ANNOUNCEMENTS

TITLE SPONSOR OF BHARAT PRO SHOW PROUD MOMENT FOR PRO ULTIMATE

Pro Ultimate is honored to be the **Title Sponsor** of the thrilling **Bharat Pro Show** once again for IHFF Mumbai! The Delhi event saw an adrenaline-charged atmosphere as top national and international athletes competed at the highest level. Continuing this incredible journey, the Mumbai edition promises to raise the bar even higher – celebrating strength, discipline, and the true spirit of fitness. We're proud to stand with the champions who inspire millions to push beyond limits and redefine what it means to be fit.

BHARAT PRO SHOW 2025

KSM-66 Ashwagandha[®]
WORLD'S BEST ASHWAGANDHA
Presents
IHFF
INTERNATIONAL HEALTH SPORTS & FITNESS FESTIVAL

ANNOUNCING
TITLE SPONSOR

PRO ULTIMATE
GYMS • EQUIPMENT • ACADEMY • APPARELS

PRO SHOW
IN ASSOCIATION WITH
NPC
SHERU CLASSIC
IFBB PROFESSIONAL LEAGUE
2025

OFFICIAL JOE WEIDER'S OLYMPIA QUALIFIER

21 • 22 • 23 NOVEMBER
BOMBAY EXHIBITION CENTRE - MUMBAI

IFBB PROFESSIONAL LEAGUE
Info@IFBB-ProLeague.com

EVENTS

WAVE PREMIER LEAGUE 2025 CO POWERED BY "PRO ULTIMATE GYMS"

Wave Premier League 2025, co-powered by **Pro Ultimate Gyms**, brought together passion, teamwork, and sportsmanship in an exciting cricket tournament. The event featured multiple teams competing with full enthusiasm, creating a vibrant atmosphere of competition and fitness. As a proud co-powering partner, Pro Ultimate Gyms continues to encourage active lifestyles and community engagement through such energetic events, blending fitness with fun and teamwork on and off the field.

WAVE PREMIER LEAGUE 2025
Title Sponsors: Wave Estate & Prem Properties
Date: 2nd, 4th & 5th October 2025

WAVE CRICKET CLUB
M. 99888-69824, 85449-05885

WAVE Estate PRESENTS

WPL 2025

(8TH EDITION)

ON 2ND, 4TH & 5TH OCTOBER

CO POWERED BY

- PREM PROPERTIES**
SCO 7, Pocket-A, Wave Estate, Sector 85-Mohali
M. 98886 09028
- STUDIO METACRAFT**
B-43 Industrial Area Phase 3 Sector 58 Mohali
M. 98760 76123
- HEALTH ART**
SCO 54 First Floor Pocket A Near 5 No. Gate, wave Estate Sector 85, Mohali
M. 90411 29086
- PRO ULTIMATE GYMS**
Near Gate No.5, Wave Estate Sector-85, Mohali-140308
M. 84334 76168
- KRASIVAYA**
SCO 59 Ground Floor Pocket A Near 5 No. Gate, wave Estate Sector 85, Mohali
M. 90411 29086

WAVE CRICKET CLUB
M. 99888-69824, 85449-05885

WPL 2025

GRAND FINALE CELEBRATION

EXCLUSIVE SPONSOR INVITATION

EVENT DETAILS

DATE: Sunday, October 5, 2025
TIME: 08:00 AM
AT: Ground Near Gate No 1, Wave Estate
ROLE: Present an award on stage

YOUR PARTNERSHIP

Your support made W025 2025 historic! Join us to celebrate champions & present prizes.

THANK YOU FOR YOUR **RSVP ESSENTIAL** VALUED PARTNERSHIP!

From: Wave Cricket Club

EVENTS

“APRATIM 2025” COLLEGE FEST SPONSORED BY PRO ULTIMATE GYMS

Pro Ultimate Gyms proudly sponsored the “Apratim 2025” College Fest held at Chandigarh College of Engineering & Technology (CCET). Staying true to our mission of encouraging fitness and active lifestyles among students, we distributed free trial cards and shared insights on leading a healthier, stronger life. The event was buzzing with enthusiasm, and it was fantastic to witness such vibrant participation and interest in fitness from the youth!



EVENTS

COLLEGE FEST AT KHALSA COLLEGE SPONSORED BY PRO ULTIMATE GYMS

Pro Ultimate Gyms proudly sponsored the College Fest at Khalsa College, celebrating youth, energy, and the spirit of fitness. As part of our initiative to inspire healthy living among students, we distributed free trial cards and interacted with attendees about the importance of regular exercise, strength training, and balanced lifestyles. We're thrilled to have been part of such a lively celebration and look forward to encouraging even more students to begin their fitness journey with Pro Ultimate Gyms!



EVENTS

SPORTS EVENT AT PUNJAB ENGINEERING COLLEGE (PEC) SPONSORED BY PRO ULTIMATE GYMS

The **Sports Event at Punjab Engineering College (PEC)** witnessed an energetic collaboration with Pro Ultimate Gyms as the proud sponsor. In line with our mission to inspire fitness and well-being among the youth, we distributed free trial cards and interacted with participants about building strength, endurance, and healthy habits. The event was charged with excitement and sportsmanship, and it was wonderful to see so many students showcasing their enthusiasm for fitness and an active lifestyle with Pro Ultimate Gyms!



EVENTS

PRO ULTIMATE GYMS X RED BULL RED BULL DISTRIBUTION ACROSS GYM MEMBERS

The energy levels soared high as **Pro Ultimate Gyms** partnered with **Red Bull** for an exciting distribution drive held across all Gurugram branches. Gym members enjoyed complimentary cans of Red Bull, adding an extra boost to their workouts and fueling their fitness sessions with renewed enthusiasm. The collaboration celebrated strength, endurance, and unstoppable energy – a perfect fit for the Pro Ultimate community.



TESTIMONIALS

BY FRANCHISE PARTNERS



NITISH SANGWAN

DLF GALLERIA MARKET, GURUGRAM

As a professional boxer & national medalist, fitness has always been my passion. I first experienced Pro Ultimate Gyms at their Sector 32, Chandigarh branch, where I was truly impressed by their training culture and professionalism. After researching the brand on Google and YouTube and discussing it with my father, I decided to take the next step. Now, with my partner Ranvir Longia, I'm proud to open Pro Ultimate Gyms-Galleria Market, Gurugram – inspired and fully supported by Abhishek Gagneja Sir. Pro Ultimate isn't just a gym; it's a movement that helps you become your best self. I hope the journey ahead remains as beautiful as it is right now.

MANI SINGH BANGA

MEDALLION 68, MOHALI

I was always a person who thought about a government job. I never thought about doing business in my life. I started taking dance classes in Pro Ultimate Gyms. One day life took a turn, from a dance instructor I got an opportunity to be a gym owner. The trust of Abhishek sir and Mohinder sir turned my life onto a better track. With their support my first branch started from Sector 32 Chandigarh. Then I opened second branch in Patiala Urban Estate. Now this is my 3rd branch coming in Mohali 68 Medallion . It feels like a great experience and great business opportunity with Pro Ultimate Gym.



NEW ON YOUTUBE



Abhishek Gagneja - Pro Ultimate

@proultimateindia · 277K subscribers · 1.3K videos

Welcome to the Pro Ultimate - Gym Equipment YouTube Channel - your go-to source for all more

instagram.com/proultimateindia and 7 more links

Subscribe

Visit Community



Next-Level Cardio Machine 🌟 | Pro Ultimate

1.1K views · 11 days ago



NEW Touchscreen Android Treadmill | Pro Ultimate

4.8K views · 2 weeks ago



NEW Gym Equipment in 2026 | Varinder Ghuman | Pro Ultimate

5.6K views · 1 month ago



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Subscribe On YouTube :

@proultimategymequipment

IMPORTANT



SCHEDULE FOR December 2025

Training / Meeting	Day & Date	Venue	For
Sales Meeting	Friday, 5 th December	Offline - Tricity	Tricity Branches
	Saturday, 6 th December	Offline - Tricity	Other Regions
	Monday, 8 th December	Offline - NCR	NCR Branches
	Tuesday, 9 th December	Online	Remote Branches
New Joinee Induction Training	Thursday & Friday 11 th & 12 th December	Offline - Tricity	Newly Hired Sales Staff, Trainers, FMs & Owners
New Joinee Induction & Software Training	Thursday & Friday, 18 th & 19 th December	Offline - NCR	Newly Hired Sales Staff, Trainers, FMs & Owners
New Joinee Software Training	Monday, 20 th December	Online - NCR	Newly Hired Sales Staff, Trainers, FMs & Owners



www.proultimate.com

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