



**PRO ULTIMATE GYMS**



# NEWSLETTER NEWSLETTER

**JANUARY 2026**





EDITION #18

# PRO ULTIMATE GYMS

MONTHLY NEWSLETTER **JANUARY 2026**

< *Announcements* >

**BRANCHES IN  
NAWANSHAHR  
& GHAZIABAD!**

*what's New?*   
**2025 WRAPPED**

**COMING  
SOON**

*Welcoming 2026:*

**NEW BRAND ATHLETES, INTERNATIONAL  
EXPANSION & THE BIGGEST GYM IN INDIA**

# TRAINERS OF THE MONTH



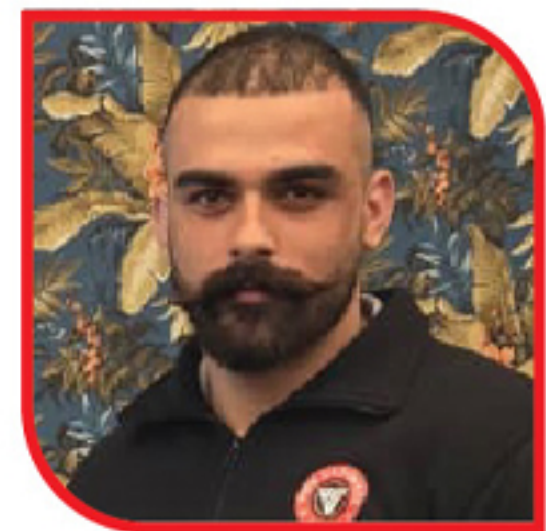
**Ajay**

Pro Ultimate Gyms,  
Sector 70, Mohali



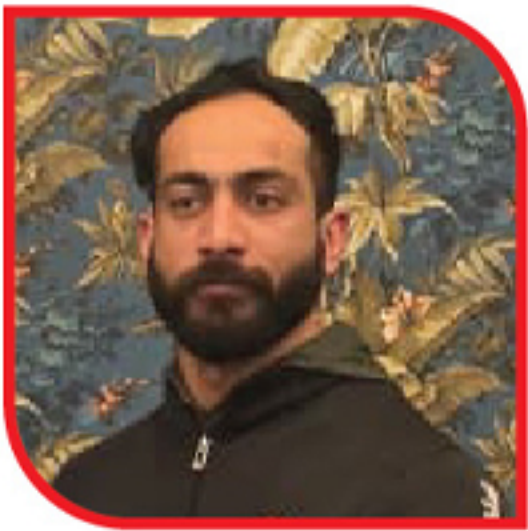
**Ajay**

Pro Ultimate Gyms,  
Dhakoli, Zirakpur



**Akshay**

Pro Ultimate Gyms,  
Ambala Road, Zirakpur



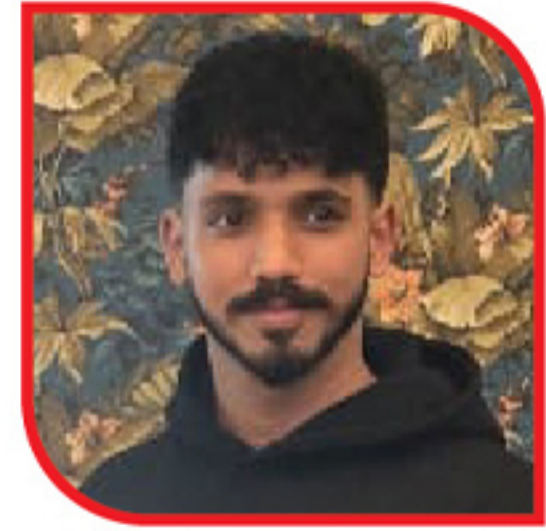
**Aman**

Pro Ultimate Gyms,  
Phase II, Mohali



**Aman Sethi**

Pro Ultimate Gyms,  
Hargobind Enclave, Delhi



**Aman**

Pro Ultimate Gyms,  
Sector 117, TDI, Mohali



**Amarsh**

Pro Ultimate Gyms,  
Sector 8, Panchkula



**Amit**

Pro Ultimate Gyms,  
Sector 48, Gurugram



**Anshu**

Pro Ultimate Gyms,  
Sector 102, Gurugram



**Ashwani**

Pro Ultimate Gyms,  
Faridabad



**Davinder**

Pro Ultimate Gyms,  
100 Ft. Road, Bathinda



**Gaurav**

Pro Ultimate Gyms,  
Omaxe, New Chandigarh

# TRAINERS OF THE MONTH



**Arjun**

Pro Ultimate Gyms,  
Panipat



**Harjot Singh**

Pro Ultimate Gyms,  
Sector 38, Ludhiana



**Harkirat**

Pro Ultimate Gyms,  
Airport Road, Mohali



**Himanshu**

Pro Ultimate Gyms,  
Sunny Enclave, Kharar



**Honey**

Pro Ultimate Gyms,  
Khanpur, Kharar



**Indar**

Pro Ultimate Gyms,  
Model Town, Ambala



**Jagpreet**

Pro Ultimate Gyms,  
Parasram Nagar, Bathinda



**Jaspreet**

Pro Ultimate Gyms,  
Sector 89, Mohali



**Karanjot**

Pro Ultimate Gyms,  
Sector 71, Mohali



**Kuljit**

Pro Ultimate Gyms,  
Bestech, Mohali



**Lalit**

Pro Ultimate Gyms,  
Sector 14, Panchkula



**Lucky**

Pro Ultimate Gyms,  
Kurukshetra

# TRAINERS OF THE MONTH



**Manish**

Pro Ultimate Gyms,  
Model Town, Jalandhar



**Manish**

Pro Ultimate Gyms,  
Sector 22, Chandigarh



**Mohit**

Pro Ultimate Gyms,  
Emaar Mohali Hills



**Mohit**

Pro Ultimate Gyms,  
Phagwara, Punjab



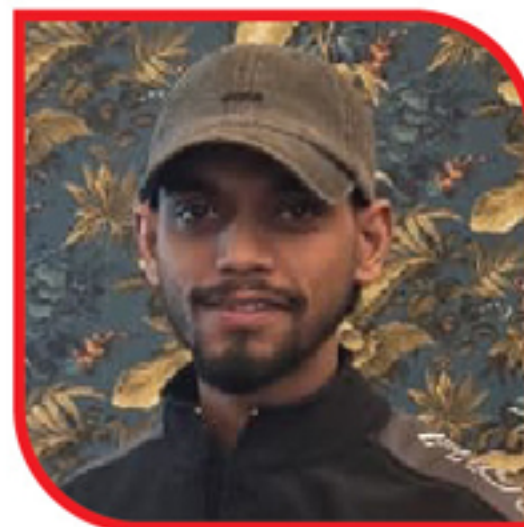
**Moni**

Pro Ultimate Gyms,  
Rajpura, Punjab



**Navpreet**

Pro Ultimate Gyms,  
Sector 46, Chandigarh



**Pawan**

Pro Ultimate Gyms,  
Sector 32, Chandigarh



**Priyanshu**

Pro Ultimate Gyms,  
GMS Road, Dehradun



**Raman**

Pro Ultimate Gyms,  
Urban Estate, Patiala



**Shubham**

Pro Ultimate Gyms,  
Sector 44, Chandigarh



**Sourav**

Pro Ultimate Gyms,  
Hubballi, Karnataka



**Sukhdev**

Pro Ultimate Gyms,  
Sirhind, Punjab

# TRAINERS OF THE MONTH



**Sunny**

Pro Ultimate Gyms,  
Kurukshetra



**Arun**

Pro Ultimate Gyms,  
Sector 34, Chandigarh



**Nikhil**

Pro Ultimate Gyms,  
Sector 49, Noida



**Pandya Yadav**

Pro Ultimate Gyms,  
Model Town, Delhi



**Trilok**

Pro Ultimate Gyms,  
Raja Park, Jaipur



**Vipin**

Pro Ultimate Gyms,  
GMS Road, Dehradun



**Sawan**

Pro Ultimate Gyms,  
Sector 91, Mohali



**Manoj**

Pro Ultimate Gyms,  
Sector 17, Dwarka



**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 !

# AREA SALES MANAGERS OF THE MONTH



**Guriquable Singh**

Cluster Manager, Pro Ultimate Gyms



**Nishant Panwar**

Area Sales Manager, Pro Ultimate Gyms

# SALES EXECUTIVE OF THE MONTH



**Vinit**

Hubballi, Karnataka



**YOU CAN BE  
NEXT**

# **BRANCHES** OF THE MONTH



**Pro Ultimate Gyms,**  
**Ambala Road, Zirakpur**



**Pro Ultimate Gyms,**  
**Kurukshetra, Haryana**

# FLOOR MANAGERS OF THE MONTH



**Ashwani**

Sector 44, Chandigarh



**Parav**

Parasram Nagar, Bathinda



**Omid**

Palam Vihar, Gurugram

# NEWLY PROMOTED FLOOR MANAGERS



**Deepak**

Model Town, Delhi



**Mohit**

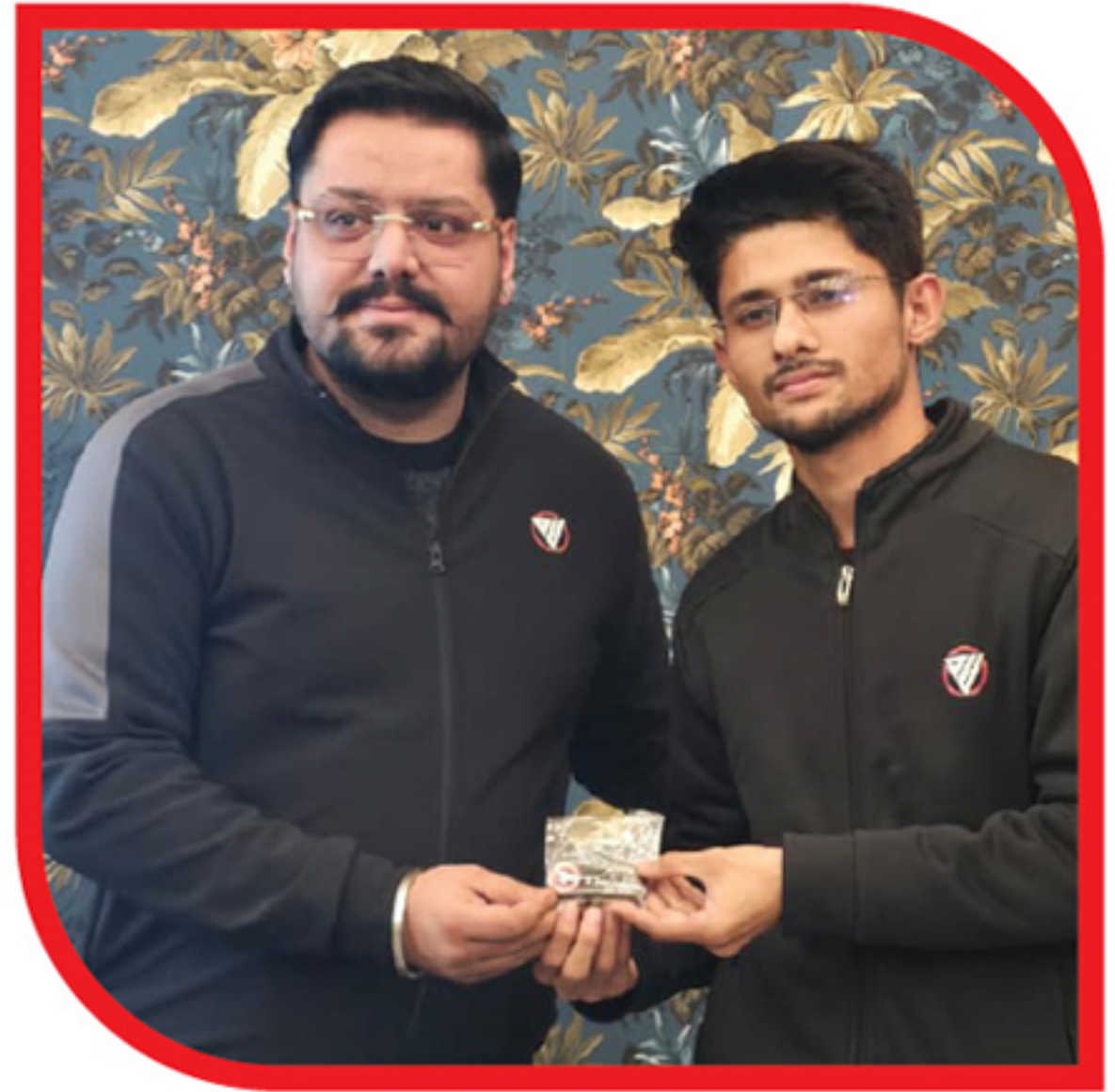
Emaar Mohali Hills

# NEWLY PROMOTED SR SALES EXECUTIVES



**Shubham**

Ambala Road, Zirakpur



**Vishal**

Khanpur, Kharar



**Himani**

Bestech, Mohali



# NEW BRANCHES

## NOW OPEN

**Ashok Vihar, Delhi**  
**Medallion 68, Mohali**  
**Bhopal, Madhya Pradesh**  
**DLF, Galleria Market, Gurugram**



## OPENING SOON

**Sector 24, Rohini, Delhi**  
**Sector 22, Noida**  
**Block DP, Pitampura, Delhi**  
**Paschim Vihar, Delhi**  
**Chattarpur, Delhi**  
**Hisar, Haryana**  
**Siliguri, West Bengal**  
**Sarabha Nagar, Ludhiana**  
**Gomti Nagar, Lucknow**  
**Nawanshahr, Punjab**  
**Rajender Nagar, Ghaziabad**  
**Tonk Road, Jaipur**  
**Sector 141, Noida**

**INDIA'S FASTEST GROWING GYM CHAIN**

# EVENTS

## THE TAJ WINTER CARNIVAL SPONSORED BY "PRO ULTIMATE GYMS"

The **Taj Winter Carnival by Pro Ultimate Gyms** was a high-energy celebration that brought together fitness, fun, and community under one vibrant roof. Held on 13th-14th December, the event kicked off at 4 PM with an electric atmosphere, festive décor, and enthusiastic participation from members and guests alike. The highlight of the evening was the **Deadlift Competition**, where participants showcased their strength, determination, and competitive spirit, followed by an energetic **Bhangra Session** that had everyone on their feet, celebrating fitness the fun way. With music, cheers, and a carnival vibe throughout, the event perfectly blended serious training with joyful celebration, making it a memorable winter fest.



# EVENTS

## SUTRA NETI

### SPONSORED BY PRO ULTIMATE GYMS

**Sutra Neti Session by Kasrat Group** was a serene and refreshing wellness experience focused on mindful breathing and inner balance. Held on Sunday, 21st December, the early-morning session guided participants through the traditional yogic nasal cleansing practice, kasrat, eye cleansing & yoga session, helping them begin the day with clarity, calm, and renewed energy. Led in a peaceful setting, the session emphasized proper technique, breath awareness, and relaxation—making it suitable for both beginners and regular yoga practitioners. The event reflected Pro Ultimate Gyms' commitment to holistic fitness, blending physical training with time-honoured yogic practices for overall well-being.



# EVENTS

## CHRISTMAS CELEBRATION AT CORPORATE OFFICE

### Spreading Cheer at Pro Ultimate!

On **24th December**, the Pro Ultimate corporate office transformed into a festive hub as the team came together to celebrate Christmas. From a lively **Secret Santa Gift Exchange** to engaging team activities, the day was filled with laughter, gratitude, and true holiday spirit. At **Pro Ultimate**, such moments of togetherness reflect the belief that a strong team is built on connection and shared experiences. Celebrating as one family not only strengthens bonds but also inspires everyone to move forward with renewed passion and unity.

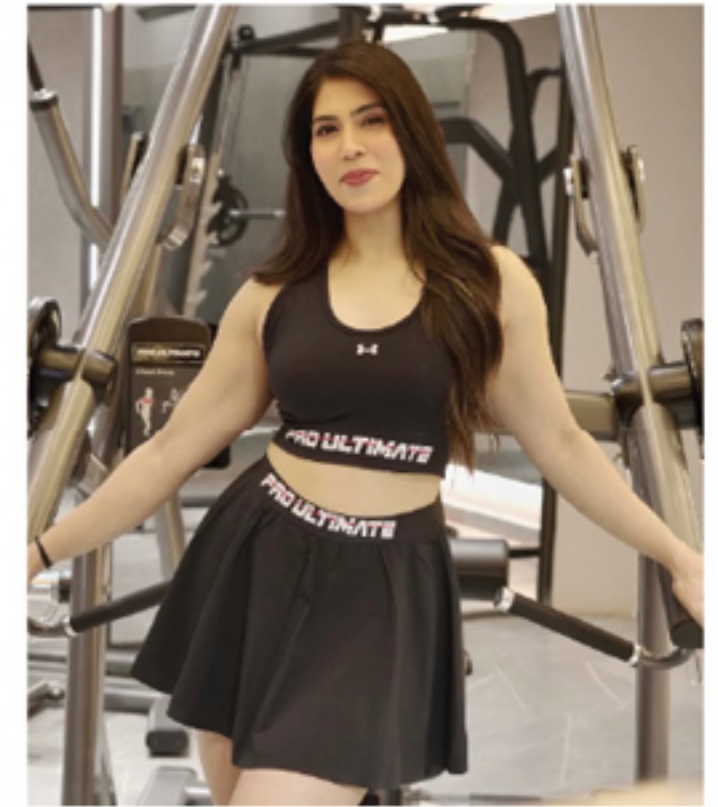


# RECAP 2025

## HIGHLIGHTS OF 2025

### A YEAR OF UNSTOPPABLE GROWTH

- **125+ Branches:** Continued rapid expansion, growing faster than ever across India.
- **Brand Ambassador:** Signed Varinder Singh Ghuman as our Brand Ambassador. Unfortunately, he bid the world farewell in Oct 2025. Om Shanti!
- **Bharat Pro Show – IHFF Delhi & Mumbai:** Proud sponsor of the Bharat Pro Show, first at IHFF Delhi (30<sup>th</sup> May – 1<sup>st</sup> June) and later on the IHFF Mumbai stage (21<sup>st</sup> – 23<sup>rd</sup> November).
- **Signed New Brand Athletes:**
  - 80-year old living legend & fitness icon, Mr. Tripat Singh.
  - Renowned coach and influencers Shrutika Mathur & Sonal Kapoor.
  - IFBB Pros, Amit Agre & Delta Dilip.
- **Club 72 Gym:** Launched India's biggest sports & fitness centre – Club 72 Gym – spanning 1 lakh sq. ft.
- **Apparel Brand:** Launched official Pro Ultimate merchandise, including premium sportswear and accessories.
- **Bigger Factory:** Started a new, advanced gym-equipment manufacturing plant with significantly more space.
- **Gym Software:** Developed new smart software for seamless gym management.
- **International Expansion:** First Pro Ultimate Gyms branch opening soon in Dubai.
- **Academy:** Successfully trained 1,000+ students through the Pro Ultimate Academy.



## NEW BRAND ATHLETES



## OPENING SOON IN DUBAI



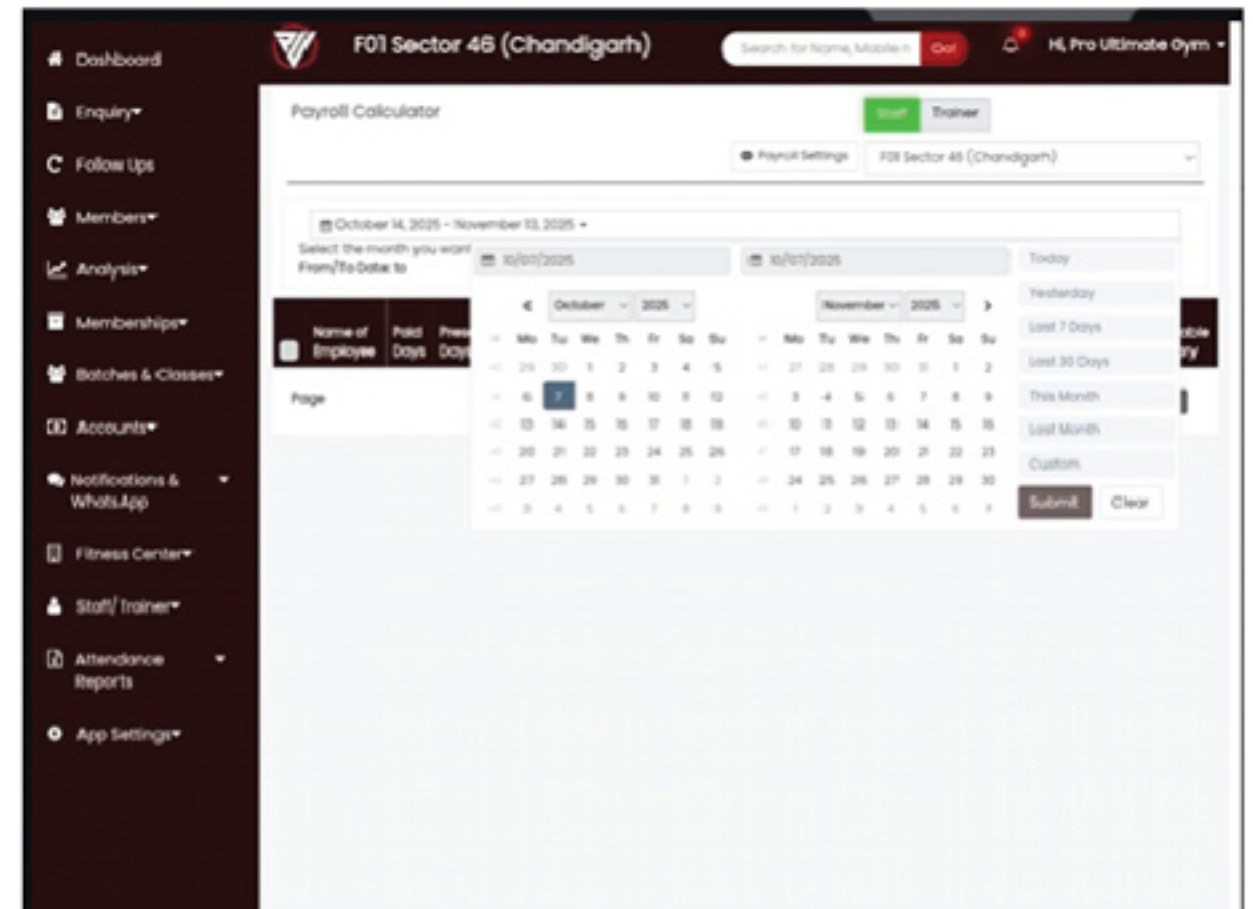
## APPARELS BRAND



## ACADEMY



## INDIA'S BIGGEST GYM - CLUB 72



## GYM SOFTWARE

# TESTIMONIALS

## BY FRANCHISE PARTNERS



### **PUSHPINDER**

#### **SARABHA NAGAR, LUDHIANA**

My experience with Pro Ultimate Gyms has been positive right from the start. After spending 9 years working with leading MNCs, when I decided to step into business, Pro Ultimate Gyms and Abhishek Sir were the first things that came to my mind. I have personally seen Abhishek Sir's journey and growth, which gave me complete confidence in the brand. He was personally in touch with me from the very beginning and guided me at every stage. I am also thankful to Mohinder Sir for his constant support and guidance, and to Rohit Sir, under whom I trained and built a strong foundation. I am proud to bring this franchise to Sarabha Nagar, Ludhiana, and I look forward to opening more gyms, growing with this brand, and being a proud part of its journey.

### **RAHUL PARADHAN**

#### **SILIGURI, WEST BENGAL**

It has been a wonderful experience with Pro Ultimate Gyms. My first visit to their corporate headquarters in Chandigarh left a lasting impression, thanks to the warm hospitality and genuine support from everyone — Abhishek sir, Anu ma'am, Sarabjeet ma'am, and Kamal sir. That visit helped me truly understand the value of the brand and strengthened my decision to take up their franchise in Siliguri, West Bengal. The Pro Ultimate team has supported me at every step, from franchise guidelines and interior designs to digital creatives and marketing insights. There has been immense learning throughout this journey, made possible by their dedicated team. My queries were addressed promptly, even on weekends, early mornings, and late nights. I am happy to recommend Pro Ultimate Gyms and am grateful to have chosen them as partners in this journey toward expanding across the North East region. Thank you, Team Pro Ultimate!



# NEW ON YOUTUBE



**Abhishek Gagneja - Pro Ultimate**

@proultimateindia • 290K subscribers • 1.4K videos

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

Instagram.com/proultimateindia and 7 more links

Subscribe

Visit Community



IHFF 2025 Mumbai – Official Highlights | Bharat Pro Show Presented by Pro Ultimate...

4.6K views • 3 weeks ago



New Launch - Royal Supreme Series | Pro Ultimate

7.2K views • 2 weeks ago



Complete Premium Gym Setup in 25 Lakhs | Pro Ultimate

5.2K views • 11 days ago



Complete Gym Tour: Pro Ultimate Gyms - Geeta Colony, Delhi

3.4K views • 4 days ago



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# IMPORTANT



## SCHEDULE FOR January 2026

Training / Meeting	Day & Date	Venue	For
Sales Meeting	Thursday, 5 <sup>th</sup> February	Offline - Mohali	Tricity Branches
	Friday, 6 <sup>th</sup> February	Offline - Mohali	Other Regions
	Saturday, 7 <sup>th</sup> February	Offline - NCR	NCR Branches
	Monday, 9 <sup>th</sup> February	Online	Remote Branches
New Joinee Induction Training	Thursday & Friday, 12 <sup>th</sup> & 13 <sup>th</sup> February	Offline - NCR	Newly Hired Sales Staff, Trainers, FMs & Owners
New Joinee Induction Training	Wednesday & Thursday, 18 <sup>th</sup> & 19 <sup>th</sup> February	Offline - Mohali	Newly Hired Sales Staff, Trainers, FMs & Owners
New Joinee Software Training	Monday, 23 <sup>rd</sup> February	Online - All Branches	Newly Hired Sales Staff, Trainers, FMs & Owners



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