



# PRO ULTIMATE GYMS



# NEWSLETTER NEWSLETTER

MARCH 2026





EDITION #19

# PRO ULTIMATE GYMS

MONTHLY NEWSLETTER **MARCH 2026**

< *Announcements* >

**NEW BRANCHES IN  
DELHI-NCR!**

**COMING  
SOON**

*Successfully achieved a new milestone:*

# 150+ BRANCHES

# TRAINERS OF THE MONTH



**Ajay**  
Pro Ultimate Gyms,  
Dhakoli, Zirakpur



**Ajay**  
Pro Ultimate Gyms,  
Sector 70, Mohali



**Ajeet**  
Pro Ultimate Gyms,  
Mahavir Enclave



**Ali**  
Pro Ultimate Gyms,  
Saket



**Aman**  
Pro Ultimate Gyms,  
TDI Mohali



**Amit**  
Pro Ultimate Gyms,  
Sector 62, Gurugram



**Ankit**  
Pro Ultimate Gyms,  
Sector 32, Chandigarh



**Anoop**  
Pro Ultimate Gyms,  
Faridabad



**Arun**  
Pro Ultimate Gyms,  
Phase II, Mohali



**Deepak**  
Pro Ultimate Gyms,  
Rajpura, Punjab



**Dishant**  
Pro Ultimate Gyms,  
Omaxe, New Chandigarh



**Harjot**  
Pro Ultimate Gyms,  
Sector 38, Ludhiana

# TRAINERS OF THE MONTH



**Harkirat**

Pro Ultimate Gyms,  
Airport Road, Mohali



**Harry**

Pro Ultimate Gyms,  
Sector 8, Panchkula



**Himanshu**

Pro Ultimate Gyms,  
Model Town, Ambala



**Honey**

Pro Ultimate Gyms,  
Khanpur



**Jaskirat**

Pro Ultimate Gyms,  
Bank Square



**Jatin Malik**

Pro Ultimate Gyms,  
Palam Vihar



**Jatin**

Pro Ultimate Gyms,  
Omaxe Plaza, Ludhiana



**Karan**

Pro Ultimate Gyms,  
Sector 7, Chandigarh



**Keshav**

Pro Ultimate Gyms,  
Emaar, Mohali Hills



**Krish**

Pro Ultimate Gyms,  
Sector 22, Chandigarh



**Kulveer**

Pro Ultimate Gyms,  
Sector 91, Mohali



**Manjot**

Pro Ultimate Gyms,  
Amritsar

# TRAINERS OF THE MONTH



**Mehar**

Pro Ultimate Gyms,  
Bhikhiwind



**Mukesh**

Pro Ultimate Gyms,  
Phase 2, Mohali



**Neil**

Pro Ultimate Gyms,  
Sector 56, Gurugram



**Paramveer**

Pro Ultimate Gyms,  
Sector 46, Chandigarh



**Pawan**

Pro Ultimate Gyms,  
Park Panorama, Bathinda



**Pawandeep**

Pro Ultimate Gyms,  
Urban Estate, Ludhiana



**Piyush**

Pro Ultimate Gyms,  
MDC, Panchkula



**Prikshit**

Pro Ultimate Gyms,  
Sector 71, Mohali



**Priyanshu**

Pro Ultimate Gyms,  
Rajender Nagar, Dehradun



**Sahil**

Pro Ultimate Gyms,  
Kurukshetra



**Sandeep**

Pro Ultimate Gyms,  
Sector 14, Panchkula



**Shanawaj**

Pro Ultimate Gyms,  
Panipat, Haryana

# TRAINERS OF THE MONTH



**Shivam**

Pro Ultimate Gyms,  
Wave Estate, Mohali



**Sukhdev**

Pro Ultimate Gyms,  
Sirhind



**Sunny**

Pro Ultimate Gyms,  
Sector 102, Gurugram



**Suraj**

Pro Ultimate Gyms,  
Sector 102, Gurugram



**Suraj**

Pro Ultimate Gyms,  
Jalandhar



**Anuj**

Pro Ultimate Gyms,  
Geeta Colony, Delhi



**Junaid**

Pro Ultimate Gyms,  
Rani Bagh Rd, Pitampura



**Sunny Kumar**

Pro Ultimate Gyms,  
Sector 49, Noida



**Vicky**

Pro Ultimate Gyms,  
Block DP, Pitampura



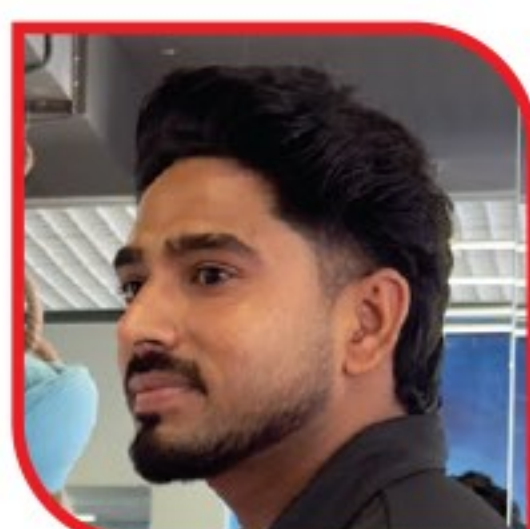
**Trilok**

Pro Ultimate Gyms,  
Jaipur



**Tushar Punia**

Pro Ultimate Gyms,  
Sector 48, Gurugram



**Uday**

Pro Ultimate Gyms,  
Khanna

# TRAINERS OF THE MONTH



**Vali**

Pro Ultimate Gyms,  
Patiala Road, Zirakpur



**Vicky**

Pro Ultimate Gyms,  
Rajpura



**Vinay**

Pro Ultimate Gyms,  
Sector 38, Chandigarh



**Vipin**

Pro Ultimate Gyms,  
GMS Road, Dehradun



**Vivek**

Pro Ultimate Gyms,  
Bestech, Mohali



**Krishnam**

Pro Ultimate Gyms,  
Urban Estate, Patiala



**Arsh**

Pro Ultimate Gyms,  
Parasram Nagar, Bathinda



**Davinder**

Pro Ultimate Gyms,  
Park Panorama, Bathinda



**Ajeet**

Pro Ultimate Gyms,  
Sector 57, Gurugram



**Anish**

Pro Ultimate Gyms,  
Ropar



**YOU CAN BE  
NEXT**

# **BRANCHES OF THE MONTH**



**Pro Ultimate Gyms,  
Sector 48, Gurugram**



**Pro Ultimate Gyms,  
Sirhind**

# **BRANCHES OF THE MONTH**



**Pro Ultimate Gyms,  
Kurukshetra**



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

# SPECIAL ACHIEVEMENTS OF THE MONTH



**Pro Ultimate Gyms,**  
Sector 68, Medallion, Mohali

## ASMs OF THE MONTH



**Aman**

Cluster Manager, Pro Ultimate Gyms



**Lokesh Saini**

ASM, Pro Ultimate Gyms

# FLOOR MANAGERS OF THE MONTH



**Hardarsh**

Urban Estate, Dugri, Ludhiana



**Vikram**

Khanna



**Arjun**

Sector 14, Panchkula



**Ravi**

Sector 48, Gurugram

# NEWLY PROMOTED SR SALES EXECUTIVES



**Sheetal**  
Block DP, Pitampura



**Deepika**  
Sector 68, Mohali

# NEWLY PROMOTED FLOOR MANAGERS



**Sandeep**  
Block DP, Pitampura



**Hardarsh**  
Urban Estate, Dugri, Ludhiana



**Harjee**  
Urban Estate, Patiala



# NEW BRANCHES

## NOW OPEN

**Siliguri, West Bengal  
Hisar, Haryana**



## OPENING SOON

**Gomti Nagar, Lucknow  
Chattarpur, Delhi  
Race Course, Dehradun  
Sector 122, Noida  
Sector 22, Noida  
Sector 141, Noida  
Nawanshahr, Punjab  
Rajender Nagar, Ghaziabad  
Shahabad, Haryana  
Tonk Road, Jaipur  
Sector 10, Gurugram  
Sector 86, Faridabad  
Deepali Enclave, Pitampura  
Janakpuri, Delhi  
Vasundhara, Ghaziabad**

**Haibowal Road, Ludhiana  
Jail Road, Delhi  
Bhiwadi, Rajasthan  
VIP Road, Zirakpur  
Rajouri Garden, Delhi**

**INDIA'S FASTEST GROWING GYM CHAIN**

# EVENTS

## 3<sup>RD</sup> AEROCITY MOHALI CRICKET LEAGUE SPONSORED BY PRO ULTIMATE GYMS

**Pro Ultimate Gyms was proud to sponsor** the 3rd Aerocity Mohali Cricket League, supporting young talent and promoting a strong sporting culture. The U-16 tournament final between Professional Cricket Academy and Yatin Mehta Cricket Academy (YMCA), held on 11th February 2026 at Aerocity Cricket Ground, was a great success. The event reflected our commitment to encouraging fitness, discipline, and competitive spirit among the youth. We congratulate all the players for their outstanding performances and are glad to have been part of such an inspiring and action-packed match.

The poster features a central title '3RD AEROCITY MOHALI CRICKET LEAGUE' in a stylized font. To the left is the TSEN logo with three stars and the tagline 'The Real Team Navigator'. To the right is the ACC logo with three stars. Below the title, it says 'WE CORDIALLY INVITES YOU TO WITNESS FINAL MATCH OF U-16 AEROCITY MOHALI CRICKET LEAGUE'. The chief guest is identified as 'HON'BLE MR. DEEPAK SABHERWAL, ADVOCATE, SABHERWAL & ASSOCIATES, ADVOCATES & LEGAL CONSULTANT, CHANDIGARH'. A photograph of Mr. Deepak Sabherwal is shown on the right. The match is between 'PROFESSIONAL INDIA' and 'YMCA'. The date is '11TH FEBRUARY 2026' and the time is 'ARRIVAL OF CHIEF GUEST AT 2 PM'. The U-16 teams are 'PROFESSIONAL CRICKET ACADEMY VS YATIN MEHTA CRICKET ACADEMY'. At the bottom, there is a row of logos for sponsors: Pro Ultimate Gyms, Steelbird Helmets, cricheroes, and a 'SAY NO TO DRUGS' campaign logo. The event is organized at Aerocity Cricket Ground. Contact information is provided at the bottom: 'MOBILE NUMBER : +91 9872555547' and 'EMAIL ID : tseninfo@gmail.com'.

**TSEN**  
The Real Team Navigator

# 3RD AEROCITY MOHALI CRICKET LEAGUE

**ACC**

WE CORDIALLY INVITES YOU TO WITNESS  
FINAL MATCH  
OF U-16 AEROCITY MOHALI CRICKET LEAGUE

CHIEF GUEST  
HON'BLE MR. DEEPAK SABHERWAL,  
ADVOCATE  
SABHERWAL & ASSOCIATES  
ADVOCATES & LEGAL CONSULTANT,  
CHANDIGARH  
CONTACT 98722-15757  
11TH FEBRUARY 2026

U-16 TEAMS : PROFESSIONAL CRICKET ACADEMY  
VS YATIN MEHTA CRICKET ACADEMY  
ARRIVAL OF CHIEF GUEST AT 2 PM

**PROFESSIONAL INDIA**

**VS**

**YMCA**

PRO ULTIMATE GYMS | Steelbird Helmets | cricheroes | SAY NO TO DRUGS | PRO ULTIMATE GYMS | Steelbird Helmets | cricheroes | SAY NO TO DRUGS | PRO ULTIMATE GYMS | Steelbird Helmets | cricheroes | SAY NO TO DRUGS

## ORGANISED AT AEROCITY CRICKET GROUND

MOBILE NUMBER : +91 9872555547      EMAIL ID : tseninfo@gmail.com

# TESTIMONIALS

## BY FRANCHISE PARTNERS



### HIMANSHU

#### BHIWADI, RAJASTHAN

Working with Pro Ultimate Gyms has been a valuable and motivating experience, so far, for me. The journey of the brand owner, Mr. Abhishek, is particularly inspiring, as he built the brand into a respected name in the fitness industry through determination, discipline, and vision. The team at Pro Ultimate Gyms has been extremely supportive. I have had the opportunity to interact with JB Ji in Chandigarh, Vishal Sir, Harpreet Sir, Karanpreet Sir, Suryansh Sir, Surinder Sir, and Shubham Sir, who shared their knowledge and guidance. This experience is helping me manage & complete my project successfully and has given me valuable insights into leadership, teamwork, and the fitness industry. I am grateful for the support from Mr. Abhishek and the entire team.

### LOVESH

#### JANAKPURI, NEW DELHI

I had dreamed of opening my own gym since 12th grade, and with the support of my parents, I finally got the opportunity. Initially, I planned to start under my own brand, but after careful thought, I decided to go with a franchise. That's when I chose Pro Ultimate Gyms after researching its journey and learning about Abhishek Sir's inspiring story—starting from a small setup in Saharanpur in 2012 to building one of the biggest gym chains today. From day one, the Pro Ultimate team has supported me at every step. Vishal ji guided me in finalizing the site, while JB Sir and Pankaj Sir helped me understand marketing strategies and management. Their constant support made the entire process smooth. Looking back, choosing Pro Ultimate Gyms has been one of the best decisions of my life, and I'm confident this journey will continue to grow.



# NEW ON YOUTUBE



**Abhishek Gagneja - Pro Ultimate**

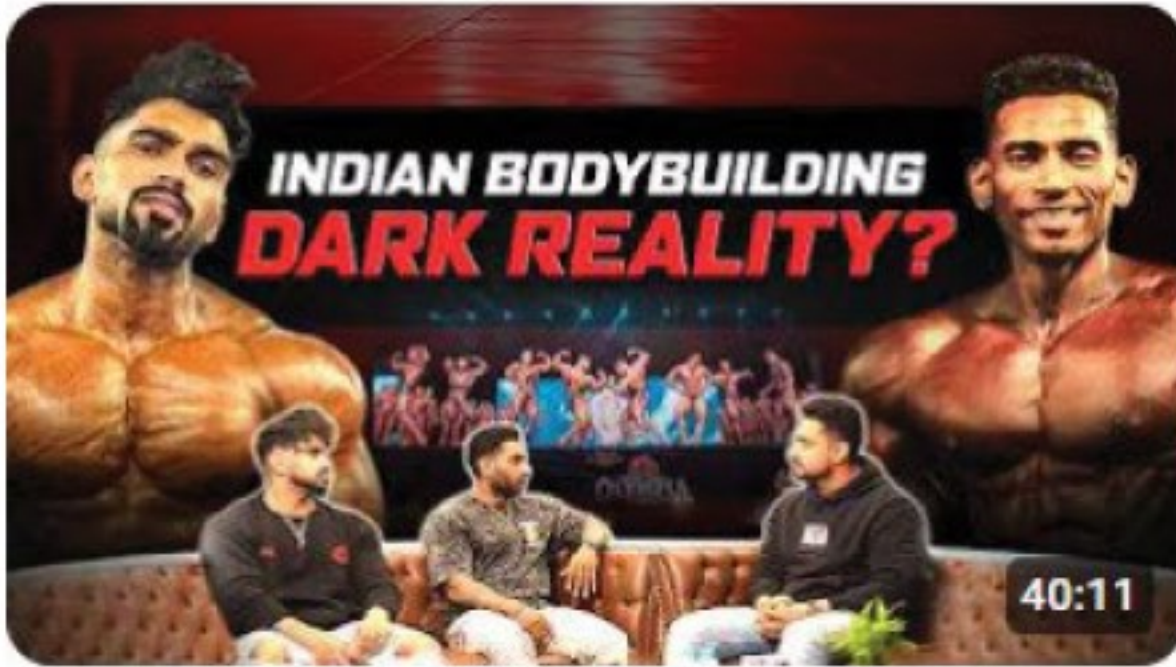
@proultimateindia · 250K subscribers · 1.4K videos

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

Instagram.com/proultimateindia and 7 more links

Subscribe

Visit Community



The REALITY of Indian Bodybuilding: IFBB Pros Delta Dilip & Amit Agre | Pro Ultimate...

Abhishek Gagneja - Pro Ultimate and 2 more  
6.5K views • 1 month ago



Complete Gym Setup in 20 Lacs | Pro Ultimate

6.4K views • 2 weeks ago



1st Gym in Bhopal | Pro Ultimate Gyms - NOW OPEN

3.3K views • 2 weeks ago



**SUBSCRIBE**

TO MY CHANNEL



Follow Us On Instagram :

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@proultimategymequipment

# IMPORTANT



## SCHEDULE FOR April 2026

| Training / Meeting               | Day & Date   | Venue  | For   |
|----------------------------------|--|--|---|
| Sales Meeting                    | Monday,<br>6 <sup>th</sup> April                                   | Online   | Remote Branches                                       |
|                                  | Tuesday,<br>7 <sup>th</sup> April                                  | Offline - EMAAR<br>Habitat Club, Mohali          | Other Regions   |
|                                  | Wednesday,<br>8 <sup>th</sup> April                                | Offline - EMAAR<br>Habitat Club, Mohali          | Tricity Branches                                      |
|                                  | Friday,<br>10 <sup>th</sup> April                                  | Offline - Vasuki<br>Auditorium Lok<br>Kala Manch | NCR Branches  |
| New Joinee<br>Induction Training | Thursday &<br>Friday,<br>16 <sup>th</sup> & 17 <sup>th</sup> April | Offline - PUG,<br>Hargobind<br>Enclave, Delhi    | Newly Hired Sales<br>Staff, Trainers, FMs<br>& Owners |
|                                  | Thursday &<br>Friday,<br>16 <sup>th</sup> & 17 <sup>th</sup> April | Offline - EMAAR<br>Habitat Club, Mohali          | Newly Hired Sales<br>Staff, Trainers, FMs<br>& Owners |
| New Joinee<br>Software Training  | Saturday,<br>18 <sup>th</sup> April                                | Online - All<br>Branches                         | Newly Hired Sales<br>Staff, Trainers, FMs<br>& Owners |



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