



PRO ULTIMATE GYMS



NEWSLETTER NEWSLETTER

APRIL 2026



EDITION #20

PRO ULTIMATE GYMS

MONTHLY NEWSLETTER **APRIL 2026**

"GIVE TO
CTIONS THAT G



**EMPOWERING WOMEN,
REDEFINING STRENGTH:
THE PRO ULTIMATE WAY**

TRAINERS OF THE MONTH



Aamir

Pro Ultimate Gyms,
Mahavir Enclave



Aamir

Pro Ultimate Gyms,
Uttam Nagar



Abhishek

Pro Ultimate Gyms,
Palam Vihar



Ajay

Pro Ultimate Gyms,
Sector 70, Mohali



Anshul

Pro Ultimate Gyms,
Sector 8, Panchkula



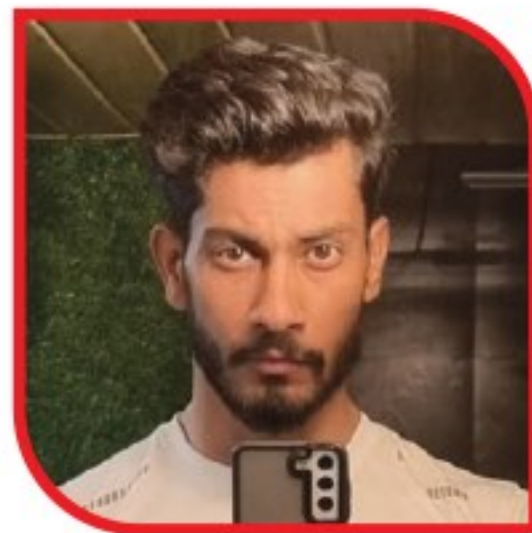
Arun

Pro Ultimate Gyms,
Phase II, Mohali



Beant

Pro Ultimate Gyms,
Khanpur, Kharar



Chitransh

Pro Ultimate Gyms,
Rajender Nagar, Dehradun



Davinder

Pro Ultimate Gyms,
100 ft. Road, Bathinda



Dishant

Pro Ultimate Gyms,
Omaxe, New Chandigarh



Krishnam

Pro Ultimate Gyms,
Urban Estate, Patiala



Akshay

Pro Ultimate Gyms,
Ambala Road, Zirakpur

TRAINERS OF THE MONTH



Pankush

Pro Ultimate Gyms,
Bhupindra Road, Patiala



Sahil

Pro Ultimate Gyms,
Dhakoli



Gurjeet

Pro Ultimate Gyms,
Sector 14, Panchkula



Harkirat

Pro Ultimate Gyms,
Airport Road, Mohali



Harsh

Pro Ultimate Gyms,
Mukut house, Amritsar



Himanshu

Pro Ultimate Gyms,
Model Town, Ambala



Hussain

Pro Ultimate Gyms,
Hubballi, Karnataka



Keshav

Pro Ultimate Gyms,
Emaar Mohali Hills



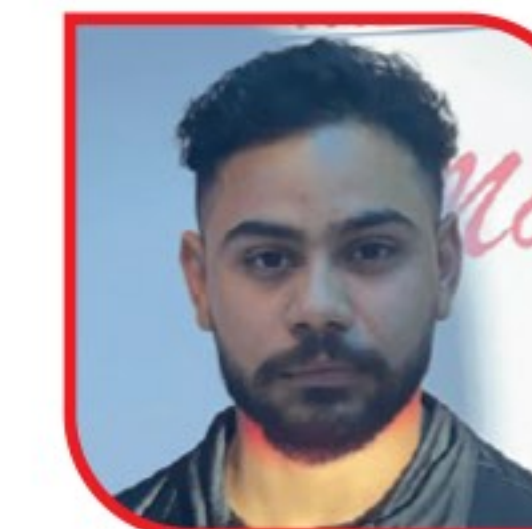
Komaljit Singh

Pro Ultimate Gyms,
Patti



Lakshay

Pro Ultimate Gyms,
Ashok Vihar, Delhi



Mohit Sidhu

Pro Ultimate Gyms,
Phagwara



Mohit Thakur

Pro Ultimate Gyms,
Sector 62, Gurugram

TRAINERS OF THE MONTH



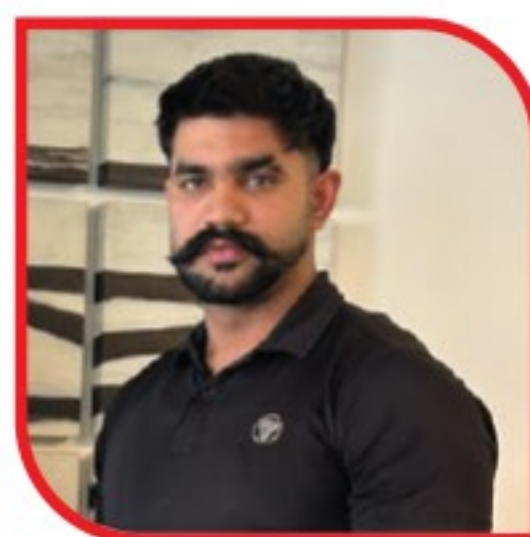
Mukesh

Pro Ultimate Gyms,
Faridabad



Munish

Pro Ultimate Gyms,
Jalandhar



Narayan

Pro Ultimate Gyms,
Sunny Enclave



Pardeep

Pro Ultimate Gyms,
Sector 56, Gurugram



Pawan

Pro Ultimate Gyms,
Park Panorama, Bathinda



Pawandeep

Pro Ultimate Gyms,
Urban Estate, Dugri, Ludhiana



Piyush

Pro Ultimate Gyms,
MDC, Panchkula



Parveen

Pro Ultimate Gyms,
Sector 102, Gurugram



Prikshit

Pro Ultimate Gyms,
Sector 71, Mohali



Rajat Kalra

Pro Ultimate Gyms,
Sector 46, Chandigarh



Rajat

Pro Ultimate Gyms,
Kurukshetra



Sawan

Pro Ultimate Gyms,
Sector 91, Mohali

TRAINERS OF THE MONTH



Shivam

Pro Ultimate Gyms,
Wave Estate, Mohali



Sidhant

Pro Ultimate Gyms,
Bestech, Mohali



Sukhdev

Pro Ultimate Gyms,
Sirhind



Sunil

Pro Ultimate Gyms,
GMS Road, Dehradun



Dharminder

Pro Ultimate Gyms,
Hargobind Enclave



Vali

Pro Ultimate Gyms,
Patiala Road, Zirakpur



Addy

Pro Ultimate Gyms,
Sector 57, Gurugram



Junaid

Pro Ultimate Gyms,
Rani Bagh Rd, Pitampura



Karan Chhabra

Pro Ultimate Gyms,
Sector 49, Noida



Pandya

Pro Ultimate Gyms,
Model Town, Delhi



Vicky

Pro Ultimate Gyms,
Block DP, Pitampura



Karan

Pro Ultimate Gyms,
Geeta Colony

TRAINERS OF THE MONTH



Uday

Pro Ultimate Gyms,
Khanna



Vijay

Pro Ultimate Gyms,
Ferozepur Road, Ludhiana



Vishal

Pro Ultimate Gyms,
Sector 48, Gurugram



Zain

Pro Ultimate Gyms,
Saket



Harsh

Pro Ultimate Gyms,
Sector 22, Chandigarh



Ankit

Pro Ultimate Gyms,
Sector 32, Chandigarh



Shadab

Pro Ultimate Gyms,
Sector 34, Chandigarh



Vinay

Pro Ultimate Gyms,
Sector 38, Chandigarh



Shenawaj

Pro Ultimate Gyms,
Panipat



Arshdeep

Pro Ultimate Gyms,
Parasram Nagar, Bathinda



Vijay

Pro Ultimate Gyms,
Karnal



**YOU CAN BE
NEXT**

BRANCHES OF THE MONTH



**Pro Ultimate Gyms,
Park Panorama, Bathinda**



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

BRANCHES OF THE MONTH



**Pro Ultimate Gyms,
Nirala Nagar, Lucknow**



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

SPECIAL ACHIEVEMENTS OF THE MONTH



**Pro Ultimate Gyms,
Sector 57, Gurugram**



**Pro Ultimate Gyms,
Sector 8, Panchkula**

ASMs OF THE MONTH



Abhishek

ASM, Pro Ultimate Gyms



Sanjana

ASM, Pro Ultimate Gyms

FLOOR MANAGERS OF THE MONTH



Hardarsh

Urban Estate, Dugri, Ludhiana



Rajesh

Sector 38, Chandigarh



Harsh

Park Panorama, Bathinda

NEWLY PROMOTED SR SALES EXECUTIVES



Jagriti
Geeta Colony



Preeti
Kurukshetra

NEWLY PROMOTED FLOOR MANAGERS



Aamir
Mahavir Enclave



Amit Tanwar
DLF Galleria, Gurugram



Rahul
Kurukshetra



Shashi
Bhupindra Road, Patiala



Ajay
Dhakoli



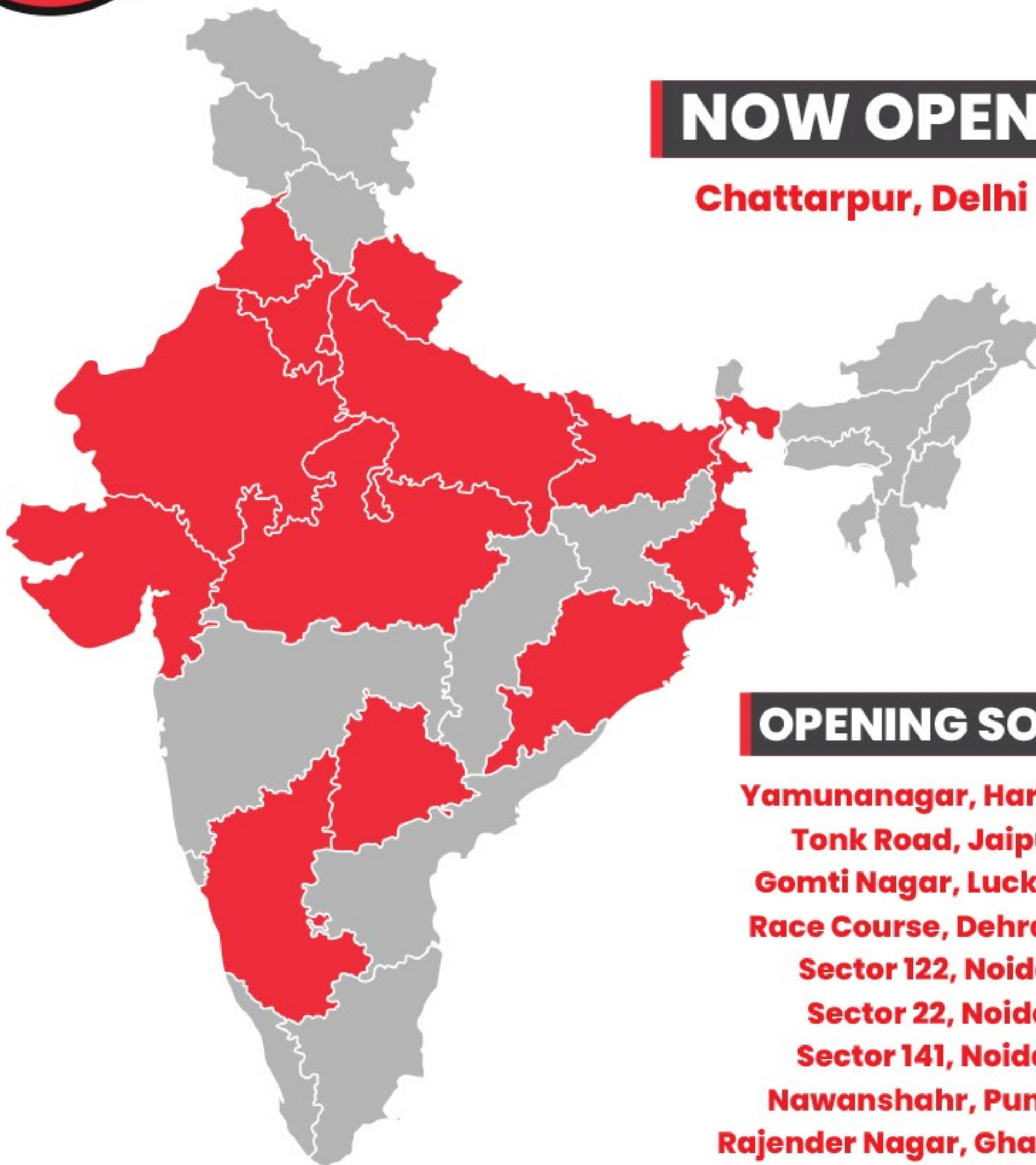
Suhail
Saket



NEW BRANCHES

NOW OPEN

Chattarpur, Delhi



OPENING SOON

Yamunanagar, Haryana

Tonk Road, Jaipur

Gomti Nagar, Lucknow

Race Course, Dehradun

Sector 122, Noida

Sector 22, Noida

Sector 141, Noida

Nawanshahr, Punjab

Rajender Nagar, Ghaziabad

Shahabad, Haryana

Sector 10, Gurugram

Sector 86, Faridabad

Janakpuri, Delhi

Vasundhara, Ghaziabad

Vaishali, Ghaziabad

Sector 109, Gurugram

Muktsar, Punjab

Haibowal Road, Ludhiana

Jail Road, Delhi

Bhiwadi, Rajasthan

Rajouri Garden, Delhi

Barnala, Punjab

Indira Colony, Sonipat

Aerocity, Mohali

INDIA'S FASTEST GROWING GYM CHAIN

EVENTS

FROM GIRLHOOD TO WOMANHOOD SPECIAL SESSION HELD AT PRO ULTIMATE CORPORATE OFFICE

We successfully hosted an insightful session on **Women's Day** focused on women's health, where we explored how to understand and manage pain across different stages of life. **Led by Dr. Harshneet Kaur**, the session highlighted key causes of body pain - including hormonal changes, posture-related concerns, and everyday lifestyle factors that often go unnoticed. It also provided practical solutions through **physiotherapy techniques**, preventive care, and simple daily habits to help manage and reduce discomfort. The objective of the session was to empower women with the right knowledge to better understand their bodies and take proactive steps toward improved health and well-being.



PRO ULTIMATE

From
GIRLHOOD
To
WOMANHOOD

SMART SOLUTIONS FOR **PAIN, BODY CHANGES & EVERYDAY**
ACHES — HEAL **SMARTER, NOT HARDER.**

With
DR
HARSHNEET KAUR
PAIN REHABILITATION CONSULTANT
AND MUSCULOSKELETAL **PHYSIOTHERAPIST**

On
7TH MARCH
VENUE: CORPORATE OFFICE

YOUR BODY DESERVES BETTER CARE



EVENTS

MOM-KID FITNESS JAM- BY NSN HELD AT CLUB 72 GYM, MOHALI

The event was successfully hosted at **Club 72 Gym, Mohali**, bringing together moms and kids for an energising and engaging experience. Rooted in the vision of NSN, the initiative aimed to build stronger & healthier communities through meaningful fitness experiences. The session focused on **promoting fitness through fun and interactive activities**, encouraging both mothers and children to stay active together. It created a warm and supportive environment where participants connected, built stronger bonds, and embraced a healthier lifestyle. The event truly reflected the spirit of community, wellness, and togetherness, making it a memorable and impactful evening for everyone involved.



An Evening of
Fitness, Connection
& Community

THE #NSN WAY



25th MARCH

Time: 4:00 PM – 6:00 PM
Club 72 Gym, Mohali

Join us for an energising evening for Moms & Kids.

@NSNWomen,
www.NSNWomen.com

EVENTS

NSN WOMEN'S DAY CHANDIGARH HELD AT THE MOHALI CLUB, WYNDHAM

The NSN Women's Day Chandigarh – "Give to Gain" event, held on 7th March 2026 at **The Mohali Club, Wyndham**, was a vibrant celebration of women empowerment, collaboration, and entrepreneurial growth. Organized under the banner of the NSN Women's Day Chandigarh 2026, the gathering brought together inspiring women leaders, entrepreneurs, and professionals from diverse industries.

The event beautifully highlighted the spirit of "connections that grow businesses" by creating a platform for meaningful, purpose-driven networking. Attendees engaged in enriching conversations, explored women-led brands, and participated in sessions focused on learning, mentorship, and visibility. A curated community high tea further enhanced the experience, encouraging genuine connections in a warm and supportive environment.

A proud and defining moment of the event was when this recognition celebrated Anupam Ma'am's outstanding contribution, vision, and leadership in the fitness industry, as well as her commitment to empowering individuals through health and wellness.

The event truly embodied the essence of celebrating women who give back, inspire change, and uplift communities—making it a memorable and impactful Women's Day celebration.



#NSNWOMEN'S DAY CHANDIGARH

"GIVE TO GAIN"
CONNECTIONS THAT GROW BUSINESSES

7TH MARCH 2026 | SATURDAY
THE MOHALI CLUB || WYNDHAM
3:30PM ONWARDS



ANUPAM JYOT CHUGH
Special Partner
Managing Director Pro
Ultimate Gyms & Club 72
Gym

JOIN US FOR AN EXCLUSIVE SHOWCASE EVENT
CELEBRATING WOMEN ENTREPRENEURS!

WWW.NSNWOMEN.COM | @NSNWOMEN
WHERE GIVING BUILDS GROWTH



#NSNWOMEN'S DAY CHANDIGARH

"GIVE TO GAIN"
CONNECTIONS THAT GROW BUSINESSES

7TH MARCH 2026 | SATURDAY
THE MOHALI CLUB || WYNDHAM
3:30PM ONWARDS



JOIN US FOR AN EXCLUSIVE SHOWCASE EVENT
CELEBRATING WOMEN ENTREPRENEURS!

WWW.NSNWOMEN.COM | @NSNWOMEN
WHERE GIVING BUILDS GROWTH



Our Managing Director, Mrs. Anupam Jyot Kaur, receiving The Fitness Leadership Award 2026.

ANNOUNCEMENTS

FROM TRAINER TO MULTI-TITLE CHAMPION LEADING BY EXAMPLE WITH VICTORIES ON EVERY STAGE

From a dedicated gym trainer, fitness coach, and wellness guide to a champion bodybuilder — **Arshinder Singh at Pro Ultimate Gyms, Sector 91 Mohali**, has truly set an inspiring benchmark for excellence. Watching him secure multiple titles across prestigious bodybuilding championships is a moment of immense pride for us.

Pro Ultimate is proud to celebrate his remarkable achievements, including being crowned **Overall Champion with Gold at IBBF Mr. Chandigarh Classic Bodybuilding**, along with multiple **Gold titles at Mr. Chandigarh Bodybuilding, Mr. Tri City and Mr. Panchkula**, and a **Silver medal at the Ajit Classic**.

Having someone of his caliber on our team is an honor. His experience, knowledge, and dedication continue to inspire our members to push boundaries and transform their fitness goals into extraordinary results.



TESTIMONIALS

BY FRANCHISE PARTNERS



HARKIRAT SINGH

RAJENDRA NAGAR, GHAZIABAD

My journey with Pro Ultimate Gyms has been truly transformative. From day one, I felt an environment driven by passion, hard work, and clear vision. Abhishek Sir's journey—from a modest start to building a strong fitness brand—deeply inspired me, showing that consistency and belief lead to success. What stood out the most is the strong sense of community. His constant encouragement reflects that Pro Ultimate Gyms is not just a business, but a legacy of growth and empowerment. Throughout my projects, I received immense support from Mohinder Sir, Anupam Ma'am, and Abhishek Sir. Their guidance, encouragement, and genuine care made my experience smooth and meaningful. Working with Pro Ultimate Gyms felt less like collaboration and more like being supported by a team that truly wants you to succeed.

NITISH SAINI

JAIL ROAD, NEW DELHI

My journey with Pro Ultimate Gyms began in June 2024, when I was working as a trainer at Anytime Fitness and exploring opportunities to start something of my own, despite having no financial backing. After discovering Pro Ultimate Gyms and meeting Abhishek sir, I knew it was the right platform. The supportive, family-like environment and strong leadership stood out to me. With his guidance and consistent hard work, I've successfully grown to 3 franchises, with a goal of reaching 10 by year-end. I truly believe in the brand's potential and am proud to be part of its journey.



NEW ON YOUTUBE



Abhishek Gagneja - Pro Ultimate

@proultimateindia • 315K subscribers • 1.6K videos

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

proultimate.store and 7 more links

Subscribe

Community



India's Biggest Gym Tour - 1 Lac Sq Ft | Club 72 Gym | Pro Ultimate

96K views • 1 month ago



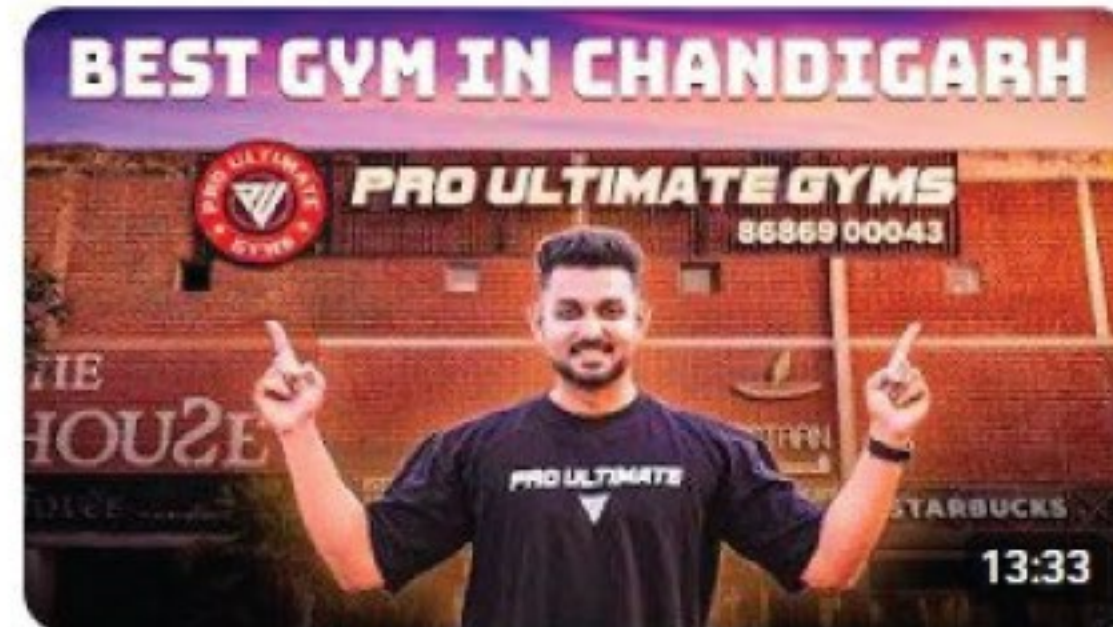
GYM बिजनेस से करोड़ों कमाएँ ? | Pro Ultimate Gyms FRANCHISE

9.9K views • 3 weeks ago



Ek Saal Me Crorepati | Pro Ultimate Gyms - Medallion 68 | Complete Gym Walkthrough

4.7K views • 2 weeks ago



Best Gym in Chandigarh | Pro Ultimate Gyms - Sector 7, Chandigarh - Full Walkthrough

1.5K views • 6 days ago



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IMPORTANT



SCHEDULE FOR May 2026

Training / Meeting	Day & Date	Venue	For
Sales Meeting	5 th May, Tuesday	Offline - 100 ft Road, Bathinda	Punjab Regions
	6 th May, Wednesday	Online - Office Chat Room	Remote Branches
	7 th May, Thursday	Offline - EMAAR Habitat Club, Mohali	Punjab Regions
		Offline - Sector 38, Ludhiana	
		Offline - Model Town, Ambala City	Haryana Regions
	8 th May, Friday	Offline - EMAAR Habitat Club, Mohali	Tricity Branches
	9 th May, Saturday	Offline - PUG GMS Road, Dehradun	Other Regions
	11 th May, Monday	Offline - Research & Innovation Park (R&I), IIT Delhi	NCR Branches
New Joinee Induction Training	19 th & 20 th May, Tuesday & Wednesday	Offline - PUG, Hargobind Enclave, Delhi	Newly Hired Sales Staff, Trainers, FMs & Owners
		Offline - EMAAR Habitat Club, Mohali	Newly Hired Sales Staff, Trainers, FMs & Owners
New Joinee Software Training	21 st May, Thursday	Online - All Branches	Newly Hired Sales Staff, Trainers, FMs & Owners



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