



PRO ULTIMATE GYMS



NEWSLETTER
NEWSLETTER
MAY 2026



EDITION #21

PRO ULTIMATE GYMS

MONTHLY NEWSLETTER **MAY 2026**

what's New? 
**WE'RE COMING TO
IHEF DELHI 2026**

Full circle moment:
**COMING BACK TO
SAHARANPUR!**

Franchise India Expo 2026:
**OUR DEBUT WAS
A BLOCKBUSTER**

TRAINERS OF THE MONTH



Abhinav

Pro Ultimate Gyms,
Rajender Nagar, Dehradun



Aditya

Pro Ultimate Gyms,
Raja Park, Jaipur



Akash Dixit

Pro Ultimate Gyms,
Nirala Nagar, Lucknow



Amaan

Pro Ultimate Gyms,
Paschim Vihar



Amarsh

Pro Ultimate Gyms,
Sector 8, Panchkula



Himanshu

Pro Ultimate Gyms,
Model Town, Ambala



Akshay

Pro Ultimate Gyms,
Ambala Road, Zirakpur



Amit

Pro Ultimate Gyms,
Sector 48, Gurugram



Antarjeet

Pro Ultimate Gyms,
Sunny Enclave, Kharar



Arsh

Pro Ultimate Gyms,
Parasram Nagar, Bathinda



Ashwani

Pro Ultimate Gyms,
Sector 16, Faridabad



Ashwani

Pro Ultimate Gyms,
Sector 62, Gurugram

TRAINERS OF THE MONTH



Davinder

Pro Ultimate Gyms,
100 ft. Road, Bathinda



Sahil

Pro Ultimate Gyms,
Dhakoli



Dishant

Pro Ultimate Gyms,
Omaxe, New Chandigarh



Keshav

Pro Ultimate Gyms,
Emaar, Mohali Hills



Gaurav

Pro Ultimate Gyms,
DLF Galleria, Gurugram



Ajeet

Pro Ultimate Gyms,
Sector 57, Gurugram



Hameed

Pro Ultimate Gyms,
Park Panorama, Bathinda



Harjinder

Pro Ultimate Gyms,
Khanpur, Kharar



Junaid

Pro Ultimate Gyms,
Rani Bagh Rd, Pitampura



Krishnam

Pro Ultimate Gyms,
Urban Estate, Patiala



Lalit

Pro Ultimate Gyms,
Sector 14, Panchkula



Nikhil

Pro Ultimate Gyms,
Sector 127, Landran

TRAINERS OF THE MONTH



Omar

Pro Ultimate Gyms,
Uttam Nagar, Delhi



Pankush

Pro Ultimate Gyms,
Bhupendra Road, Patiala



Paramveer

Pro Ultimate Gyms,
Sector 46, Chandigarh



Vali

Pro Ultimate Gyms,
Patiala Road, Zirakpur



Arun

Pro Ultimate Gyms,
Phase 11, Mohali



Praveen

Pro Ultimate Gyms,
Sector 102, Gurugram



Ravi

Pro Ultimate Gyms,
Mahavir Enclave, Delhi



Ritvik

Pro Ultimate Gyms,
Ashok Vihar, Delhi



Saurabh

Pro Ultimate Gyms,
Gulmohar, Bhopal



Sawan

Pro Ultimate Gyms,
Sector 91, Mohali



Gurkirat

Pro Ultimate Gyms,
Sector 71, Mohali



Shenawaj

Pro Ultimate Gyms,
Panipat, Haryana

TRAINERS OF THE MONTH



Shivam

Pro Ultimate Gyms,
Wave Estate, Mohali



Sidhant

Pro Ultimate Gyms,
Bestech, Mohali



Sukhdev

Pro Ultimate Gyms,
Sirhind



Sunny

Pro Ultimate Gyms,
Phase 2, Mohali



Ankit

Pro Ultimate Gyms,
Sector 32, Chandigarh



Aman Sethi

Pro Ultimate Gyms,
Hargobind Enclave, Delhi



Madhav Bhatia

Pro Ultimate Gyms,
Hargobind Enclave, Delhi



Karan

Pro Ultimate Gyms,
Geeta Colony, Delhi



Pandya Yadav

Pro Ultimate Gyms,
Model Town, Delhi



Vicky

Pro Ultimate Gyms,
Block DP, Pitampura



Uday

Pro Ultimate Gyms,
Khanna



Vipin

Pro Ultimate Gyms,
GMS Road, Dehradun

TRAINERS OF THE MONTH



Vishnu

Pro Ultimate Gyms,
Sector 89, Mohali



Zain

Pro Ultimate Gyms,
Saket



Aryan

Pro Ultimate Gyms,
Mukut House, Amritsar



Jaiveer

Pro Ultimate Gyms,
Sector 38, Ludhiana



Komal

Pro Ultimate Gyms,
Urban Estate, Patiala



Munish

Pro Ultimate Gyms,
Model Town, Jalandhar



Sparsh

Pro Ultimate Gyms,
Sector 44, Chandigarh



Vijay

Pro Ultimate Gyms,
Ferozepur Road, Ludhiana



Sahil

Pro Ultimate Gyms,
Kurukshetra



Inderpreet

Pro Ultimate Gyms,
Urban Estate, Ludhiana



Shubham

Pro Ultimate Gyms,
Sector 70, Mohali



Piyush

Pro Ultimate Gyms,
MDC, Panchkula

TRAINERS OF THE MONTH



Mukul

Pro Ultimate Gyms,
MDC, Panchkula



**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 !

ASMs OF THE MONTH



Aman Ahmad Rai

Cluster Manager, Pro Ultimate Gyms



Pankaj Mehta

Cluster Manager, Pro Ultimate Gyms

BRANCHES OF THE MONTH



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



**Pro Ultimate Gyms,
Khanna, Punjab**

BRANCHES OF THE MONTH



**Pro Ultimate Gyms,
Kurukshetra, Haryana**



**Pro Ultimate Gyms,
Hargobind Enclave, Delhi**

BRANCHES OF THE MONTH



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



**Pro Ultimate Gyms,
100 ft. Road, Bathinda**

SPECIAL ACHIEVEMENTS OF THE MONTH



**Pro Ultimate Gyms,
Hisar, Haryana**



**Pro Ultimate Gyms,
Sector 24, Rohini, New Delhi**

FLOOR MANAGERS OF THE MONTH



Sunny Tyagi
Hargobind Enclave, Delhi



Sachin
Nirala Nagar, Lucknow



Deep
Ambala Cantt, Haryana



Vikram
Khanna, Punjab



Parav
Khanna, Punjab



Kamal
MDC, Panchkula



Vivek
Sector 8, Panchkula

NEWLY PROMOTED FLOOR MANAGERS



Prikshit
Sector 71, Mohali



Rohit
Geeta Colony, Delhi



Aryan
Mukut House, Amritsar



Harkirat
Airport Road, Mohali



Vansh
Aerocity, Mohali

NEWLY PROMOTED SR. SALES EXECUTIVE



Deepika
Aerocity, Mohali



NEW BRANCHES

NOW OPEN

Yamunanagar, Haryana

Tonk Road, Jaipur

Shahabad, Haryana

Sector 10, Gurugram

Nawanshahr, Punjab

Haibowal Road, Ludhiana

Jail Road, Delhi



OPENING SOON

Saharanpur, Uttar Pradesh

Gomti Nagar, Lucknow

Race Course, Dehradun

Sector 122, Noida

Sector 22, Noida

Sector 141, Noida

Rajender Nagar, Ghaziabad

Sector 86, Faridabad

Janakpuri, Delhi

Vasundhara, Ghaziabad

Vaishali, Ghaziabad

Sector 109, Gurugram

Bhiwadi, Rajasthan

Rajouri Garden, Delhi

Barnala, Punjab

Sirsa, Haryana

Indira Colony, Sonipat

Aerocity, Mohali

Meerut, Uttar Pradesh

Sunam, Sangrur, Punjab

Pusa Road, Karol Bagh, Delhi

INDIA'S FASTEST GROWING GYM CHAIN

KSM-66
Ashwagandha
WORLD'S BEST ASHWAGANDHA



PRO ULTIMATE



WE ARE COMING TO
IHFF DELHI

EVENTS

FRANCHISE INDIA EXPO 2026 HELD AT YASHOBHOOMI, DELHI

Pro Ultimate Gyms marked a successful **first-ever participation** at the Franchise India Expo 2026 held on 16th–17th May at Yashobhoomi. The event witnessed an overwhelming response with excellent footfall, attracting fitness enthusiasts, entrepreneurs, and business investors from across India as well as other countries.

As India's biggest gym chain with 150+ branches nationwide, we received tremendous interest from visitors eager to explore franchise opportunities and learn more about the brand's rapid growth and vision. Approximately 200 people enquired about franchise opportunities during the two-day expo, reflecting the growing trust and excitement around the brand. The expo served as a powerful platform for networking, expansion, and building global connections, making it a remarkable success for us.





EVENTS

“ONE LIVER, ONE LIFE” AT MOHALI WALK **FITNESS PARTNER: PRO ULTIMATE GYMS**

Mohali Walk came alive with energy and enthusiasm during the “One Liver One Life” awareness event, sponsored by MAX Healthcare, where Pro Ultimate Gyms proudly joined as the fitness partner. The event highlighted participation from people of all age groups who came together to promote the importance of liver health, fitness, and an active lifestyle. Participants enjoyed an energetic session filled with stretching, movement, and wellness activities, creating a vibrant and health-focused atmosphere. Through this initiative, the event successfully spread awareness about healthy living while encouraging the community to stay active and prioritize their well-being.



EVENTS

HEALTH CAMP

HELD AT PUG PALAM VIHAR, GURUGRAM

Pro Ultimate Gyms successfully organized a health camp at the Palam Vihar Gurugram Branch in collaboration with Manipal Hospitals. The event witnessed active participation from members and fitness enthusiasts who came together to prioritize their health and wellness. The camp focused on spreading awareness about preventive healthcare and healthy living through interactive sessions and health check-up activities. The initiative created an informative and engaging environment, encouraging participants to adopt a healthier and more active lifestyle.



TESTIMONIALS

BY FRANCHISE PARTNERS



NEERAJ JHA

MEERUT, UTTAR PRADESH

My experience with Pro Ultimate Gyms has been truly inspiring and enriching. Working with such a reputed organization gave me valuable exposure to fitness, professionalism, discipline, and leadership. One of the most motivating aspects of this journey was learning under the guidance of Abhishek Gagneja. His journey, vision, dedication, and humble nature taught me the importance of consistency, hard work, and believing in one's goals. The entire team at Pro Ultimate Gyms was extremely supportive and cooperative throughout my project. Their professionalism, positivity, and willingness to help made my experience smooth, comfortable, and memorable. Being associated with such a motivating environment helped me grow personally and professionally, and I will always remain grateful for the guidance, encouragement, and confidence I gained during this journey.

NAVINDERPREET SINGH

SUNAM, SANGRUR, PUNJAB

I would like to share my experience with Pro Ultimate Gyms. Working with the team has been a very positive experience overall. The working methods and management system are highly professional and well-organized. The digital team has been extremely supportive, creative, and efficient in handling all tasks smoothly. The hiring team has also been very cooperative and helpful throughout the process, ensuring proper coordination and communication. The interior work and overall setup reflect excellent quality, dedication, and attention to detail. Additionally, every department and team member I have interacted with has been kind, respectful, and supportive. It has truly been a wonderful experience being associated with Pro Ultimate Gyms.



NEW ON YOUTUBE



Abhishek Gagneja - Pro Ultimate ✓

@proultimateindia • 325K subscribers • 1.7K videos

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

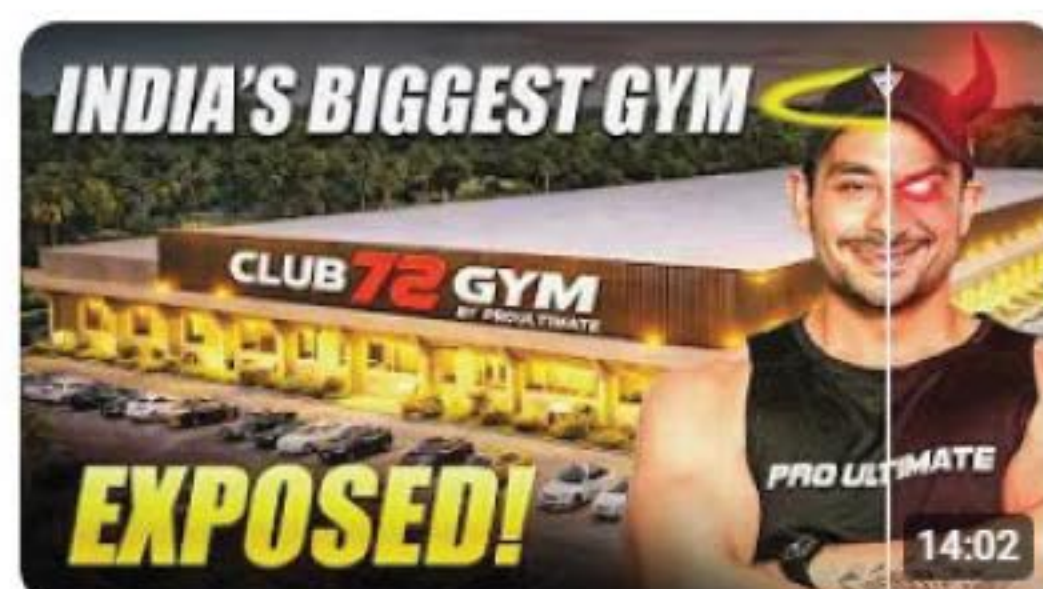
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IMPORTANT



SCHEDULE FOR June 2026

Training / Meeting	Day & Date	Venue	For
Sales Meeting	4 th June, Thursday	Offline - 100 ft Road, Bathinda	Punjab Regions
		Online - Office Chat Room	Remote Branches
		Offline - Sector 38, Ludhiana	Punjab Regions
	5 th June, Friday	Offline - Research & Innovation Park (R&I), IIT Delhi	Delhi Branches
		Offline - EMAAR Habitat Club, Mohali	Tricity Branches
	6 th June, Saturday	Offline - PUG Palam Vihar, Gurugram	Gurugram Branches
		Offline - EMAAR Habitat Club, Mohali	Punjab Regions
	8 th June, Monday	Offline - Model Town, Ambala City	Ambala Zone
		Offline - PUG GMS Road, Dehradun	Other Regions
New Joinee Induction Training	17 th & 18 th June, Wednesday & Thursday	Offline - PUG, Hargobind Enclave, Delhi	Newly Hired Sales Staff, Trainers, FMs & Owners
	22 nd & 23 rd June, Monday & Tuesday	Offline - EMAAR Habitat Club, Mohali	Newly Hired Sales Staff, Trainers, FMs & Owners
New Joinee Software Training	24 th June, Wednesday	Online - All Branches	Newly Hired Sales Staff, Trainers, FMs & Owners



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