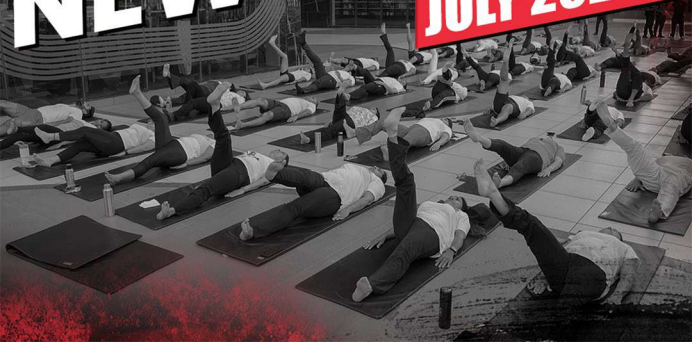




PRO ULTIMATE GYMS

NEWSLETTER NEWSLETTER

JULY 2026





EDITION #23

PRO ULTIMATE GYMS

MONTHLY NEWSLETTER **JULY 2026**

< Announcements >

**1ST BRANCH IN
VADODARA!**

**COMING
SOON**



International Yoga Day 2026:

**A CELEBRATION OF
MINDFUL MOVEMENT**

TRAINERS OF THE MONTH



Ajay

Pro Ultimate Gyms,
Sector 70, Mohali



Ajeet

Pro Ultimate Gyms,
Sector 57, Gurugram



Amit

Pro Ultimate Gyms,
Sector 48, Gurugram



Aniket

Pro Ultimate Gyms,
Paschim Vihar, Delhi



Anoop

Pro Ultimate Gyms,
Faridabad, Haryana



Antargeet

Pro Ultimate Gyms,
Sunny Enclave, Mohali



Arun

Pro Ultimate Gyms,
Phase II, SAS Nagar, Mohali



Azmat Ali

Pro Ultimate Gyms,
Palam Vihar, Gurugram



Lalit

Pro Ultimate Gyms,
Gulmohar, Bhopal



Sunil

Pro Ultimate Gyms,
GMS Road, Dehradun



Mantesh

Pro Ultimate Gyms,
Hubballi, Karnataka



Hussain

Pro Ultimate Gyms,
Hubballi, Karnataka

TRAINERS OF THE MONTH



Keshav

Pro Ultimate Gyms,
Sector 105, Emaar



Kishan

Pro Ultimate Gyms,
Ashok Vihar, Delhi



Kuljit

Pro Ultimate Gyms,
Near Bestech Mall, Mohali



Manjot

Pro Ultimate Gyms,
Mukut House, Amritsar



Rajan

Pro Ultimate Gyms,
Sector 68, Mohali



Tushar

Pro Ultimate Gyms,
Rajender Nagar, Dehradun



Rohit Birla

Pro Ultimate Gyms,
Urban Estate, Dugri, Ludhiana



Saikat

Pro Ultimate Gyms,
Airport Road, Mohali



Sawan

Pro Ultimate Gyms,
Sector 91, JLPL, Mohali



Shivam

Pro Ultimate Gyms,
Wave Estate, Mohali



Bhuwan Singh

Pro Ultimate Gyms,
Siliguri, West Bengal



Sukhdev

Pro Ultimate Gyms,
Sirhind, Punjab

TRAINERS OF THE MONTH



Sumit

Pro Ultimate Gyms,
Sector 57, Gurugram



Anuj

Pro Ultimate Gyms,
Geeta Colony, Delhi



Nitin

Pro Ultimate Gyms,
Block DP, Pitampura, Delhi



Prince

Pro Ultimate Gyms,
Block DP, Pitampura, Delhi



Vijay

Pro Ultimate Gyms,
Omexe Plaza, Ludhiana



Amandeep

Pro Ultimate Gyms,
Sector 117, TDI, Mohali



Amit

Pro Ultimate Gyms,
Shahabad, Haryana



Anmol

Pro Ultimate Gyms,
Bank Square, Kharar



Beant

Pro Ultimate Gyms,
Khanpur, Kharar



Harsh

Pro Ultimate Gyms,
Sector 22-C, Chandigarh



Himanshu

Pro Ultimate Gyms,
Ambala, Haryana



Abhishek

Pro Ultimate Gyms,
Uttam Nagar, Delhi

TRAINERS OF THE MONTH



Ashwani Sharma

Pro Ultimate Gyms,
Sector 62, Gurugram



Kohinoor

Pro Ultimate Gyms,
Patiala Road, Zirakpur



Komal

Pro Ultimate Gyms,
Urban Estate, Patiala



Lalit

Pro Ultimate Gyms,
Sector 14, Panchkula



Mehar

Pro Ultimate Gyms,
Bhikhiwind, Punjab



Mohit

Pro Ultimate Gyms,
Sector 8, Panchkula



Mohit

Pro Ultimate Gyms,
Ambala Cantt, Haryana



Piyush

Pro Ultimate Gyms,
MDC, Panchkula



Prahlad Singh

Pro Ultimate Gyms,
DLF Galleria, Gurugram



Raman

Pro Ultimate Gyms,
Omexe, New Chandigarh



Ravi

Pro Ultimate Gyms,
Mahavir Enclave, Delhi



Sahil

Pro Ultimate Gyms,
Dhakoli, Zirakpur

TRAINERS OF THE MONTH



Aman Sethi

Pro Ultimate Gyms,
Hargobind Enclave, Delhi



Anshul

Pro Ultimate Gyms,
Park Panorama, Bathinda



Manoj

Pro Ultimate Gyms,
Sector 17, Dwarka, New Delhi



Nishu

Pro Ultimate Gyms,
Sector 14, Gurugram



Pandey Yadav

Pro Ultimate Gyms,
Model Town, New Delhi



Zain

Pro Ultimate Gyms,
Saket, New Delhi



Sameer

Pro Ultimate Gyms,
Sec 127, Landran Road



Shivam

Pro Ultimate Gyms,
Yamunanagar, Haryana



Suryansh

Pro Ultimate Gyms,
Sector 38-C, Chandigarh



Vivek

Pro Ultimate Gyms,
Sector 46-C, Chandigarh



Ankit Puhall

Pro Ultimate Gyms,
Sector 32-C, Chandigarh



Parveen

Pro Ultimate Gyms,
Sector 102, Gurugram

TRAINERS OF THE MONTH



Jashan

Pro Ultimate Gyms,
Sector 91, Mohali



Karandeep

Pro Ultimate Gyms,
Sector 7, Chandigarh



Davinder

Pro Ultimate Gyms,
100 ft Road, Bathinda

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!

FLOOR MANAGERS OF THE MONTH



Vijay

GMS Road, Dehradun



Harsh

Urban Estate, Ludhiana

BRANCHES OF THE MONTH



Pro Ultimate Gyms,
Geeta Colony, Delhi



Pro Ultimate Gyms,
Siliguri, West Bengal

BRANCHES OF THE MONTH



**Pro Ultimate Gyms,
Sirhind, Punjab**



**Pro Ultimate Gyms,
Ambala Cantt.**

BRANCHES OF THE MONTH



**Pro Ultimate Gyms,
Sector 14, Panchkula**



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

SPECIAL ACHIEVEMENTS OF THE MONTH



**Pro Ultimate Gyms,
Sector 10, Gurugram**



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

SR. SALES EXECUTIVES OF THE MONTH



Arti

Sector 71, Mohali



Baswaraj

Hubballi

RSM OF THE MONTH



Rupali

RSM, Pro Ultimate Gyms

ASMs OF THE MONTH



Sumit

ASM, Pro Ultimate Gyms



Sanjana

ASM, Pro Ultimate Gyms



Aman Ahmad Rai

Cluster Manager, Pro Ultimate Gyms

ACCELERATE 2026

FUN TITLES AWARDED



Marketing Maverick
Nishant Panwar



The Commander
Guriquable Singh



The Communicator
Pankaj Mehta



The Growth Navigator
Bhanu Kapil



The Pillar Of Reliability
Pankaj Singh



The Reliable
Lokesh Saini



The Responsible One
Shalini

ACCELERATE 2026

ASMs OF THE YEAR



Sanjana

ASM, Pro Ultimate Gyms



Sumit

ASM, Pro Ultimate Gyms



Nishant

ASM, Pro Ultimate Gyms

NEWLY PROMOTED FLOOR MANAGERS



Pankit
Shahabad, Haryana



Satyam
Sector 14, Panchkula



Kulveer
Sector 9I, JPL, Mohali

NEWLY PROMOTED SR. SALES EXECUTIVE



Shweta
Model Town, Ambala



NEW BRANCHES

NOW OPEN

Sector 86, Faridabad, Haryana

Race Course, Dehradun

Sector 22, Noida

Sector 141, Noida

Sector 40, Chandigarh

Rajouri Garden, Delhi

OPENING SOON

Gomti Nagar, Lucknow

Sector 122, Noida

Ranbir College Rd, Sangrur, Punjab

Vasundhara, Ghaziabad

Vaishali, Ghaziabad

Sector 109, Gurugram

Sirsa, Haryana

Patel Nagar, Delhi

Ashok vihar, Gurugram

Saharanpur, Uttar Pradesh

Raebareli Road, Lucknow

Manjalpur, Vadodara, Gujarat

Aerocity, Mohali

Kaithal, Haryana

Indira Colony, Sonipat

Meerut, Uttar Pradesh

Sunam, Sangrur, Punjab

Sector 20, Panchkula

Pusa Road, Karol Bagh, Delhi

PPS, Nabha, Punjab

Sector 104, Noida

INDIA'S BIGGEST GYM CHAIN

EVENTS

INTERNATIONAL YOGA DAY 2026 HELD AT MULTIPLE LOCATIONS

Pro Ultimate Gyms celebrated International Yoga Day 2026 with great enthusiasm across multiple locations throughout Tricity, including VRS Vista Tower, Mohali Walk Shopping Complex, Sector 7 Chandigarh, and several other Pro Ultimate Gyms branches. The celebrations brought together members, families, fitness enthusiasts, and local communities for refreshing yoga sessions focused on improving physical strength, flexibility, balance, mindfulness, and overall well-being. Participants took part in guided breathing exercises, stretching routines, yoga postures, relaxation techniques, and meditation sessions, creating a peaceful and positive atmosphere at every location.

The celebration at Mohali Walk Shopping Complex was made even more energetic with a special Zumba session, where participants enjoyed a fun, high-energy workout filled with music, movement, and enthusiasm. The combination of calming yoga practices and lively Zumba activities offered a complete wellness experience, promoting both mental relaxation and physical fitness.

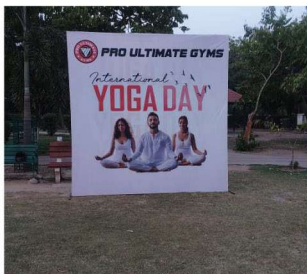
The event highlighted that yoga is not just a form of exercise, but a powerful way to build a healthier connection between the mind and body. The collective energy across all locations created a strong sense of unity, positivity, and community wellness, inspiring people of all age groups to make yoga and regular physical activity a part of their daily lifestyle. Through this celebration, Pro Ultimate Gyms continued its mission of promoting complete fitness beyond traditional workouts, with a focus on mindfulness, recovery, happiness, and long-term well-being.



VRS VISTA TOWER



MOHALI WALK



YUVNIKA PARK, PANCHKULA

TESTIMONIALS

BY FRANCHISE PARTNERS



MAYANK

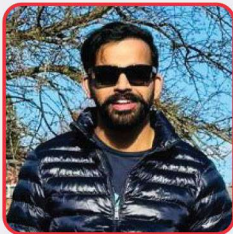
PUSA ROAD, KAROL BAGH, DELHI

My experience with Pro Ultimate Gyms has been truly inspiring. Learning about Abhishek Sir's journey from a small setup to building a respected fitness empire taught me the importance of perseverance, consistency, and believing in one's dreams. His dedication and commitment to uplifting others motivated me to pursue my own goals with greater determination. I am also grateful to the entire Pro Ultimate Gyms team for their constant support and guidance throughout my project. A special mention to my favorite people in Chandigarh now—JB Ji, Vishal Sir, Harpreet Sir, Karanpreet Sir, Suryansh Sir, Surinder Sir, and Shubham Sir—whose professionalism and willingness to help made my experience truly memorable and enriching.

VIJAY RANA

SECTOR 40, CHANDIGARH

Working on my project with Pro Ultimate Gyms has been a truly memorable and enriching experience. I was inspired by the passion, dedication, and values behind the organization, especially learning how Abhishek Gagneja built Pro Ultimate Gyms from humble beginnings into a respected name in the fitness industry. This experience taught me the importance of patience, hard work, consistency, and long-term vision, while inspiring me to approach my own goals with greater confidence. I am sincerely grateful to the entire Pro Ultimate Gyms team for their support, especially Abhishek Gagneja and Mohinder Singh for their guidance, valuable insights, and approachable nature. This experience has given me valuable knowledge and a deeper understanding of teamwork, professionalism, and continuous improvement, and I will always be grateful for the lessons and inspiration I gained.



NEW ON YOUTUBE



Abhishek Gagneja - Pro Ultimate

@proultimateindia · 209K subscribers · 1.7K videos

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

#proultimategym and 7 more links

Subscribe



Community



₹ 2 Crore Luxury Gym in Lucknow | 7000 Sq Ft | Pro Ultimate Gyms

8.2K views · 1 month ago



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1.2K views · 2 weeks ago



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6K views · 10 days ago



Cheapest vs Most Expensive Gym in INDIA

1.4K views · 3 days ago



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IMPORTANT



SCHEDULE FOR August 2026

Training / Meeting	Day & Date	Venue	For
Sales Meeting	5 th August Wednesday	Online- Office Chat Room	Remote Branches
	6 th August, Thursday	Offline - Model Town Ambala	Ambala Branches
		Offline - Sector 38 Ludhiana	Ludhiana Branches
	7 th August, Friday	Offline - EMAAR Habitat Club, Mohali	Tricity Branches
		Offline - Reserch and Innovation Park, IIT Delhi	Delhi Branches
	8 th August, Saturday	Offline - Palam Vihar Branch Studio	Gurugram Branches
		Offline - EMAAR Habitat Club	Punjab Regions
New Joinee Induction Training	18 th & 19 th August, 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	19 th August, Wednesday	Offline - EMAAR Habitat Club, Mohali	Newly Hired Sales Staff, Trainers, FMs & Owners
		Offline - PUG, Hargobind Enclave, Delhi	Newly Hired Sales Staff, Trainers, FMs & Owners



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