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Fit N Fine

FITNESS CLUB.



About Us

Welcome to Your Gym , where fitness meets passion. We are dedicated to providing a motivating and supportive environment for individuals of all fitness levels.

Our mission is to help you achieve your fitness goals and lead a healthier lifestyle. Founded in 2010, Our Gym Name has been a hub for fitness enthusiasts in the community. Our experienced trainers, state-of-the-art equipment, and diverse range of classes make us the ideal choice for your fitness journey.

In 2020 Anytime Fitness was ranked twenty-second on the publication's franchise 500 list. Anytime Fitness is ranked 9th in 2021 in Entrepreneur's list of the Top Global Franchises. Anytime Fitness has appeared for 14 straight years in the Top Global Franchises list and seven times in the top 10.



Our Gym Offer

Membership Plans

3 Months

5000 Rupees

Sign Up

6 Months

8000 Rupees

Sign Up

1 Year

12000 Rupees

Sign Up

WEEKLY WORKOUT

Each exercise for 1 minute, 3 sets, 1 minute rest between sets

MONDAY

CARDIO

Cable Row
Plank to Knee Tap
Butt Kicks
Rocket Jumps

TUESDAY

ARMS

Dumbbell Bicep Curls
Tricep Cable Pushdown
Plank
Zottman Curl

WEDNESDAY

ABS

Hand Walkout
Russian Twists
Bicycle Crunches
Plank Crossover

THURSDAY

CHEST

Barbell Bench Press
Seated Machine Chest Press
Cable Chest Fly
Chest Squeeze Push-up

FRIDAY

LEGS

High Knee Sprint
Sumo Squat
Calf Raises
Leg Press

SATURDAY

BACK

Landmine Rows
Lat Pulldown
Bent Over Barbell Row
Farmers Walk

SUNDAY

REST DAY

Gym Login

Username

Password

Log in

Join Our Gym

Full Name

Email

Password

Register

Gallery



Contact Us

Name:

Phone Number:

How Can We Help You?

Submit