



( UP to 60% OFF )

Terms and conditions apply

Book Now

“Your body hears everything that your mind says”

Morning runs are the perfect time to get your day started. That first burst of sweat can clear your mind and clear your day for all that's to come

GET STARTED

### Weight Loss

Keep the heart healthy. Walk without running out of breath. Obese is not brave. Lose a little, live more.

### Muscle Gain

From increased strength to flexibility to heart health, we have 38 benefits to rolling out the mat



### General Fitness

Here are the basic guidelines, rules, and easy-to-follow workouts.

### Most Popular offers

#### 1. BodyFit:

Muscle-Build Plan

#### 2. BodyFit:

Weight-Loss Plan

#### 3. BodyFit:

Plan For Getting-Fit

#### 4. BodyFit:

Plan For Gaining-Strength

#### 5. BodyFit:

Performance Plan

JOIN NOW

THE PAIN YOU FEEL TODAY  
WILL BE THE  
STRENGTH  
YOU FEEL TOMORROW

WATCH THE TRAINING VIDEO

### Operating Hours:

Monday to Friday

05:30am To 7:30pm

Saturday and Sunday

08:30am To 7:30pm

### Trainers:

1. Yasmin Karachiwala
2. Prashant Sawant
3. Satyajit Chaurasia
4. Kris Gethin
5. Mike Ryan

### Contact Us:



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