



FIT HOUSE

Unisex Gym



**UNLEASH YOUR POWER,
TRANSFORM YOUR LIFE**

About Us

Fit House is a gym that provides a space for individuals of all fitness levels to come together and support each other in their journeys. Their mission is to empower individuals to live healthier, happier lives through a positive, inclusive environment that focuses on holistic well-being. They aim to become a cornerstone of the community and inspire members to transform their bodies and lives through innovative programs and a nurturing atmosphere.



Our Ambiance

The ambiance at Fit House is designed to inspire, motivate, and support you in your fitness journey. The gym features a sleek and contemporary design, a clean and well-organized gym, and a welcoming and inclusive atmosphere. The positive and motivating energy is provided by upbeat music, dynamic lighting, and enthusiastic trainers.



GYM TIMINGS

Morning

5.30 AM to 7.30 AM

Evening

5.30 PM to 7.30 PM

Nutrition Plans

Balance your workouts with our comprehensive nutrition plans.



Veggie Salad



Egg Scrambles



Fruit Salad



Dry fruits



Chicken Soup



Greeny Salad

Meet Our Trainers

Our team is the heart of Fit House. Each member brings a unique set of skills and a shared passion for fitness and health.

Here are our trainers to guide and motivate you every step of the way.



Julie Smith



Nutrition Consultant



Health and Wellness Coach



Membership Coordinator

Fitness Inspector

Discover Our Various Workouts



Discover our variety of workouts designed to transform your body and mind.

- Gymnastics
- Stretching
- Yoga
- Squats
- Weight Lifting
- Treadmill
- Push-ups
- Boxing
- Yoga
- Pull-ups
- Aerobics
- Zumba

Packages

Get our exclusive packages for your fitness program

GRAB 40%

OFFER FOR FIRST TIME

BASIC

3 - Months

₹ 3500/-

₹ 1400/-

ADVANCE

6 - Months

₹ 6500/-

₹ 2600/-

PREMIUM

1 - Year

₹ 9500/-

₹ 3800/-

Contact Us

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Lets get connected

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