

LET'S CONNECT!

Ready to transform your fitness journey? We're here to help you take the first step toward a healthier, happier you. Reach out to us for memberships, services, or any questions.

HEADQUARTERS

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Welcome to

FITMAP

Hyderabad's Most Premium
Wellness Brand

Founded by

SATISH PARYADA

Hyderabad's Leading
Celebrity Fitness Trainer

Offering world-class fitness experience, expert guidance, and
a community-driven approach, where fitness meets luxury.

**REDEFINE YOUR HEALTH, MIND, AND BODY
WITH THE BEST IN THE INDUSTRY!**

REDEFINING FITNESS IN HYDERABAD

At Fitmap, we believe fitness is more than just exercise, it's about cultivating a holistic wellness ecosystem that enhances lives, strengthens communities, and fosters a culture of excellence. Whether you're an athlete, a fitness enthusiast, or someone taking the first step on your fitness journey, Fitmap is the ultimate destination for results-driven training.

Meet **Satish Paryada**

The visionary behind Fitmap, Satish Paryada is Hyderabad's most celebrated fitness trainer. With decades of experience, he has trained elite celebrities and athletes.

His expertise and dedication have made Fitmap a trusted name among the stars.

Our **Vision**

To inspire and empower every individual to take care of their mind, body, and soul. Our mission is to see the entire world healthy and happy through exceptional wellness solutions.

- 🏋️ State-of-the-art equipment and facilities.
- 🏋️ A supportive, inclusive, and professional fitness environment.
- 🏋️ A commitment to excellence, hygiene, and sanitation.



WHY CHOOSE FITMAP?

Premium Facilities

- ▶ **STATE-OF-THE-ART EQUIPMENT:** Featuring Life Fitness & Hammer Strength machines and a cutting-edge Body Composition Analyzer.
- ▶ **PLUSH LAWN AREA:** Add variety to your routine with outdoor functional training in a serene and well-maintained environment.
- ▶ **STEAM ROOMS:** Unwind, detox, and rejuvenate after a productive workout.
- ▶ **DEDICATED LOCKERS AND WASHROOMS:** Experience a clean, secure, and private workout environment with separate facilities for men and women.

Professional Approach

- ▶ Hygiene and sanitation are top priorities, maintained by a dedicated housekeeping team.
- ▶ Our staff is trained to ensure a welcoming and professional environment.

Hassle Free Experience

- ▶ **AMPLE PARKING:** Never worry about parking hassles—our secure basement parking keeps your vehicle safe and cool.
- ▶ **PEAK HOUR CONVENIENCE:** Our spacious facility ensures that even during peak hours, you always have your own space to train comfortably.

UNLOCK YOUR BEST SELF WITH INBODY ANALYSIS

At Fitmap, we believe that understanding your body is the first step toward achieving your fitness goals. That's why we offer InBody Analysis, a revolutionary tool to help you assess your body composition and track your progress with precision.

WHAT IS INBODY ANALYSIS

- A state-of-the-art system that provides a detailed breakdown of your body composition, including:
 - Muscle mass
 - Body fat percentage
 - Visceral fat levels
 - Water balance
 - Basal metabolic rate (BMR)
- Quick, non-invasive, and highly accurate measurements in just a few minutes.

WHY INBODY ANALYSIS IS ESSENTIAL

- Personalized Fitness Plans: Tailor your workouts and nutrition based on detailed insights.
- Track Progress: Monitor changes in muscle mass, fat loss, and overall health.
- Set Realistic Goals: Understand your body better to create achievable fitness milestones.

WHO CAN BENEFIT FROM INBODY ANALYSIS

- Beginners who want to understand their starting point.
- Athletes looking to optimize performance.
- Individuals focused on weight management or muscle gain.



YOUR FITNESS COMPANION

THE FITMAP APP

Rated as one of the top wellness apps of 2023, the Fitmap App brings your fitness journey to your fingertips. Whether you're at the gym, at home, or on the go, this app is your ultimate fitness companion.

FEATURES YOU'LL LOVE

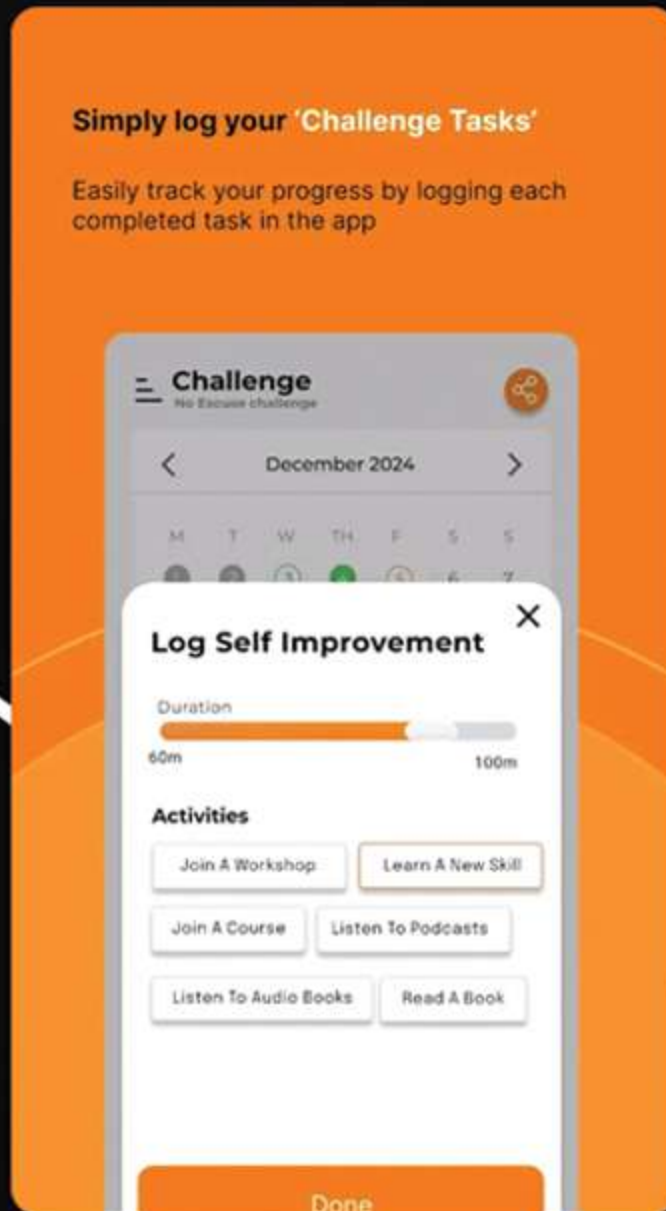
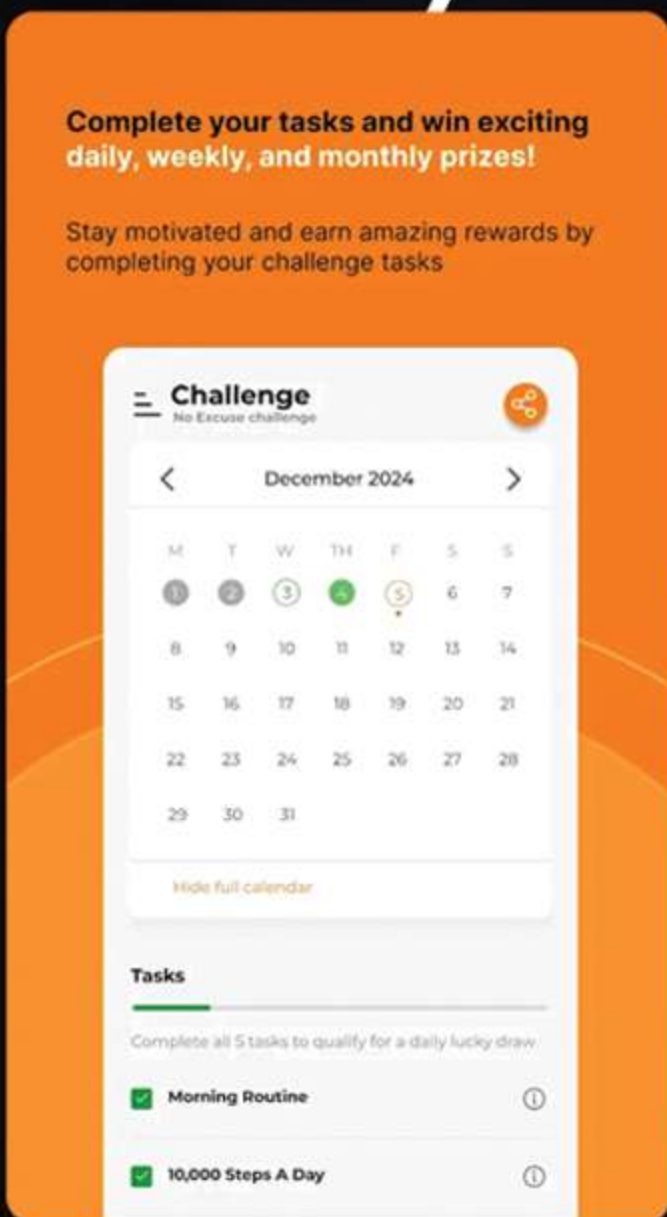
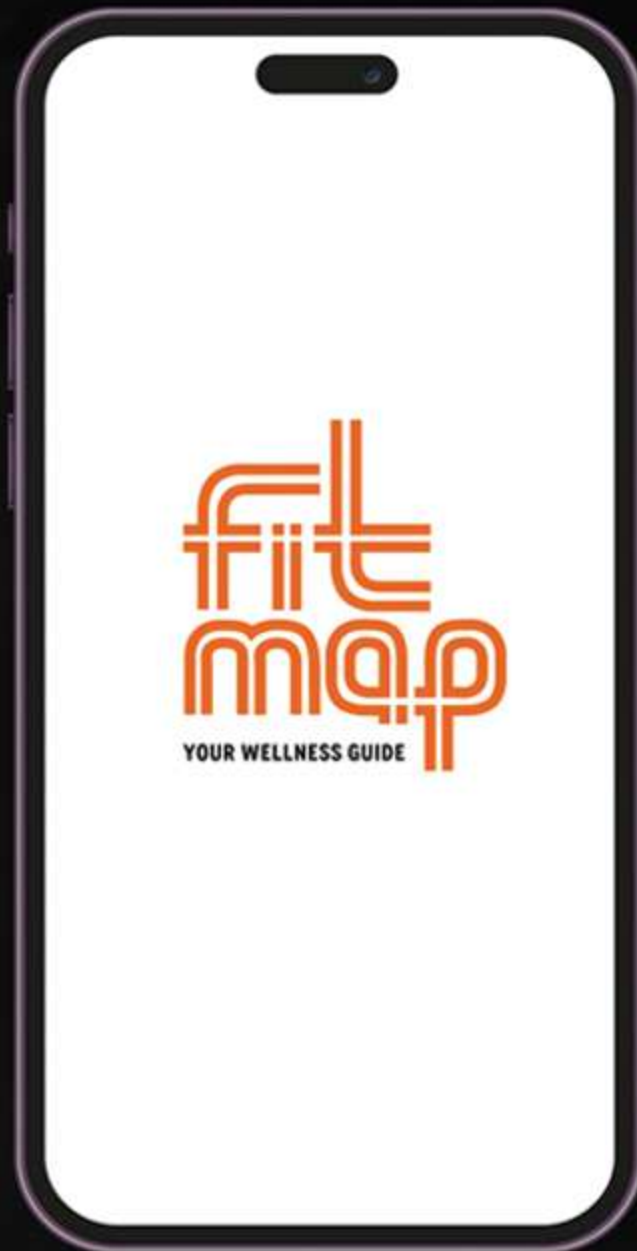
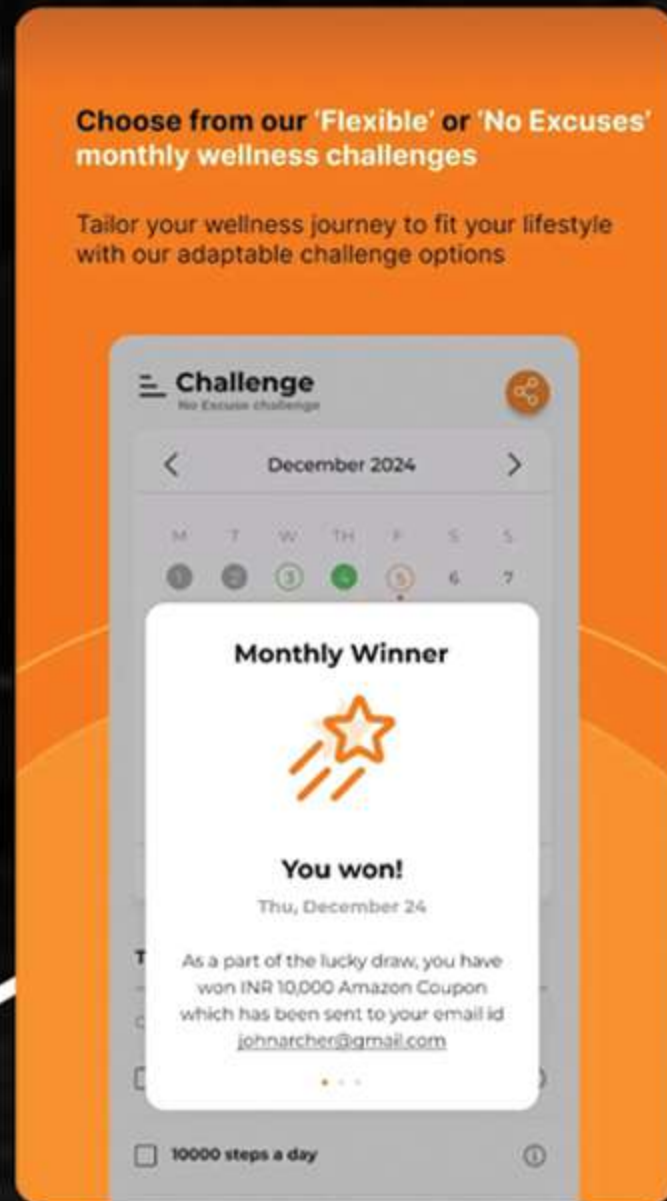
- **Workout Generator:** Personalized routines based on your goals.
- **Recipe Library:** Explore healthy recipes to complement your training.
- **Meditations & Breathwork:** Guided sessions to boost mental well-being.
- **Progress Tracking:** Monitor your fitness journey with real-time insights.

INCENTIVIZED CHALLENGES

- Daily, weekly, and monthly giveaways to keep you motivated.
- Gamified tasks with exciting prizes to make fitness fun and rewarding.

SEAMLESS INTEGRATION

- Access personalized plans and track sessions directly from the app.
- Sync with fitness trackers for a comprehensive overview of your progress.



MEET THE EXPERTS

OUR TRAINERS

At Fitmap, our trainers are the backbone of our success. They bring professionalism, passion, and expertise to help you achieve your fitness goals. Whether you're starting your fitness journey or looking to break new limits, our trainers are here to guide you every step of the way.

HIGHLY QUALIFIED PROFESSIONALS

- Certified by top organizations such as PN-1, K11, ACE, and FSSA CPT.
- Over 3 years of experience in personal training and strength & conditioning.
- Specializations in areas like functional training, weight loss, strength building, and athletic performance.

HIGHLY QUALIFIED PROFESSIONALS

- Custom workout and nutrition plans tailored to individual goals.
- One-on-one sessions for maximum focus and results.
- Regular progress tracking to ensure continuous improvement.



VIPLAV RAJ (Level-3)

Certifications

- M.Sc Psychology
- Master Personal Trainer (Level 6)
- Functional Nutritionist (Medical Disorders) - IThrive
- Diploma in personal training - K11 & REPS Registered
- Health and Wellness Consultant - FGIT
- Sports Nutritionist - FCA Academy (New Delhi)
- NSDC, CPR & AED Certified - Australian Life Saving Academy

Specializations

- Counselling Psychologist
- Personal Transformation
- Strength and Conditioning
- Wellness and Spirituality

SANGRAM DEB (Level-3)

Certifications

- Sports Dietitian (USA-NCCA)
- ACE CPT
- Personal Trainer LEVEL 4 - BFY

Specializations

- Personal Transformation
- Injury Rehabilitation
- Body Recomposition
- Shoot and Contest Prep
- Strength and Conditioning



HUSSAIN (Level-2)

Certifications

- Certified Personal Trainer - K11
- Strength and Conditioning - NSCA
- REEBOK BOXING level-1
- Bachelor of Physiotherapy Level -1
- Yoga and Pilates 200hrs (Bodhi)

Specializations

- Personal Transformation
- Advance Athletic Training
- Boxing
- Yoga and Pilates
- Injury Rehabilitation
- Bodybuilding



JAGADEEP (Level-2)

Certifications

- Diploma in Nutrition & Fitness Science - INFS
- Personal Trainer LEVEL 2 - BFY
- CPR Certified by GVK One
- National Kickboxing Champion (2018-19 & 2019-20)
- State wrestling champion 2020

Specializations

- Kickboxing | Boxing
- Athletics | Sport Specific
- Prenatal & Postnatal Wellness
- Training for the Specially Abled
- Nutrition, Weight Management & Lifestyle
- Mind-Body Fitness
- Personal Transformation



SRIKANTH (Level-1)

Certifications

- SPEFL-SC Level 4
- EREPS Level 3

Specializations

- Personal Transformation
- Strength and Conditioning
- Weight Management

M.L SINGHA (Level-2)

Certifications

- Personal Trainer LEVEL 4 - BFY

Specializations

- Strength and Conditioning
- Weight Management
- Personal Transformation



AJAY (Level-1)

Certifications

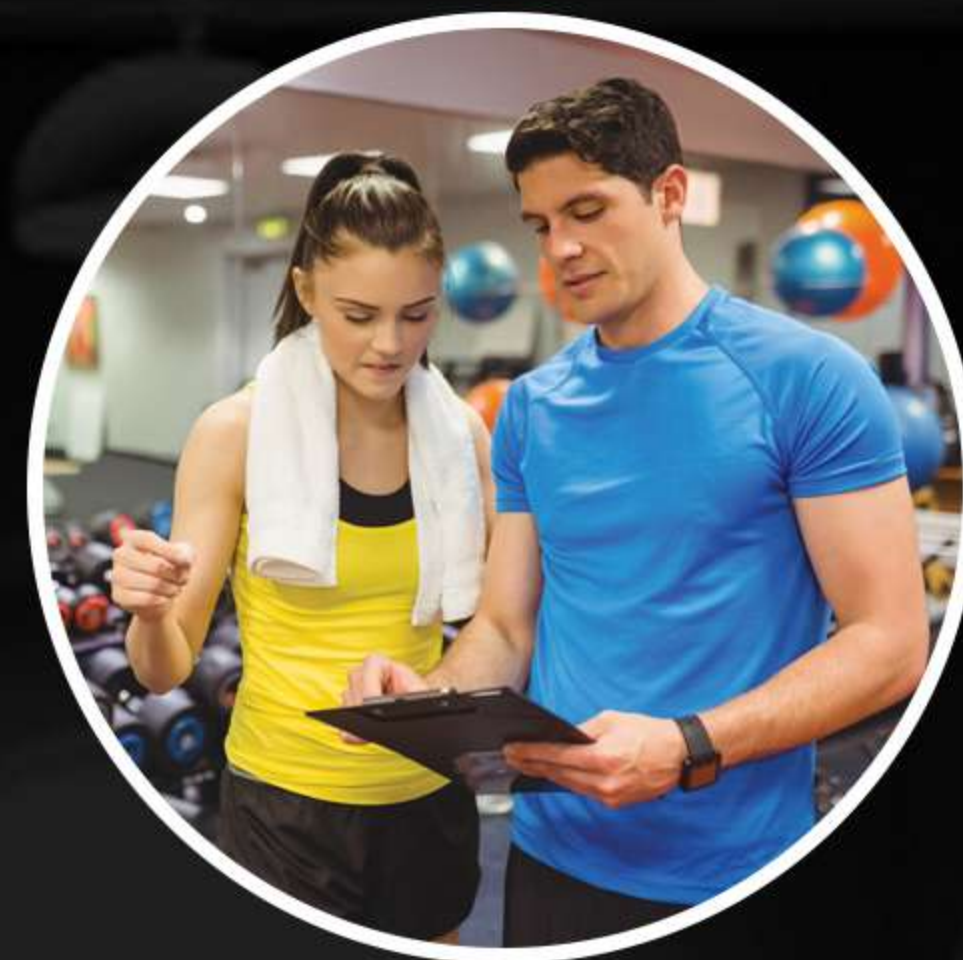
- BFY - Level 2
- Reebok - cpt

Specializations

- Personal Transformation
- Life style coaching
- Strength and Conditioning
- Weight Management

TRAINER ACADEMY

EMPOWERING THE NEXT GENERATION OF FITNESS PROFESSIONALS



WHAT IS THE FITMAP TRAINER ACADEMY?

- A structured mentorship program that trains individuals in the Fitmap Wellness Philosophy.
- Aimed at creating lifestyle change and providing top-notch training techniques.

PROGRAM HIGHLIGHTS

- **Comprehensive Curriculum:** Covers strength and conditioning, nutrition basics, client management, soft skills, communications and advanced fitness techniques.
- **Expert Mentorship:** Learn directly from Satish Paryada and other seasoned master trainers with decades of experience.
- **Hands-On Training:** Practical sessions to ensure trainees gain real-world experience.
- **Certifications:** Participants graduate with industry-recognized certifications from reputed organizations.



WHY CHOOSE FITMAP TRAINER ACADEMY?

- Join a community of elite trainers who prioritize quality and innovation.
- Gain access to exclusive resources and workshops.
- Build a successful career with opportunities to work at Fitmap or other leading gyms.



GYM SETUP CONSULTING & COMPLETE MANAGEMENT

- 1 GYM SETUP CONSULTING**
The Builder invests in gym setup, guided by Fitmap's expertise.
- 2 END-TO-END OPERATIONS**
We handle everything, from staffing to daily management.
- 3 NOMINAL OPERATIONAL FEE**
Affordable management for a seamless gym experience.
- 4 SETUP & INFRASTRUCTURE**
The Builder provide the gym equipment & setup.
- 5 UTILITIES & MAINTENANCE**
Electricity, upkeep & housekeeping paid by the Building management
- 6 EXPERT MANAGEMENT**
Fitmap provides certified trainers, FOE, & manages HK Staff & Trainers.
- 7 HIGHLY SUBSIDIZED MEMBERSHIP FEE**
Personal Training & General Membership.

OUR SUCCESS STORIES

MY HOME
Bhooja
A LIFE ABOVE

APARNA
17° NORTH
THE CONNOISSEUR CLUB

BOLLINENI
bion
NATURE'S INCARNATION

TRUSTED BY CELEBRITIES AND ATHLETES

At Fitmap, we pride ourselves on being the choice of some of the biggest stars and athletes in the country. From transformation journeys to specialized training for demanding roles, our premium services are trusted by the best in the industry.

CELEBRITIES WHO TRUST US



"Satish Paryada has been a great motivation for me. Thank you for driving me to stay fit and healthy."

MAHESH BABU



"Started my transformation for Pushpa at Fitmap. The support system is great, and I trained personally with Satish in deep forests during movie shoots."

ALLU ARJUN



"Satish Paryada is truly a great man and an exceptional trainer."

NTR



"Gained 8 kgs of lean muscle in such a short span. The passion of everyone at Fitmap is sure to take them places!"

RAM POTHINENI



"The best fitness centre in the city. Satish Paryada and the training team in Fitmap have given me the best guidance and support."

ADIVI SESH



"Satish Paryada is an excellent Trainer. Thank you, Satish Paryada,"

TAMANNAAH BHATIA



"Training with Satish Paryada is a journey of pushing limits he brings intensity, focus, and heart into every session. Truly one of the best."

CHIYAAN VIKRAM



"Great equipment. what I love about Fitmap is the lush green functional lawn."

SONU SOOD

ATHLETES WHO HAVE ENGAGED WITH FITMAP



"Fitmap gym plays an important role in my strength and conditioning. It has helped me improve my performance and I have been consistently training at fitmap from the last 5 years."

MOHD. SIRAJ



"Satish Paryada was by far the number one choice when it comes to deciding who to partner with for our expansion into India. His exceptional industry insights, eye for detail, and unwavering commitment to excellence has been and remains the cornerstone of our engagement."

KRIS GETHIN



"Fitness is a top priority for every athlete. Satish Paryada and team Fitmap have given me the best support system."

JWALA GUTTA



"The support system Fitmap has created for athletes is truly world-class. I am extremely impressed by both the equipment and the entire setup it's clear they are deeply committed to supporting current and upcoming athletes alike."

PULLELA GOPICHAND



"The support system here at Fitmap is great. I'm happy to be a part of it."

SANIA



"Satish Paryada is an exceptional trainer and humble person. I am glad to have him as my trainer".

MOHAMMAD AZHARUDDIN



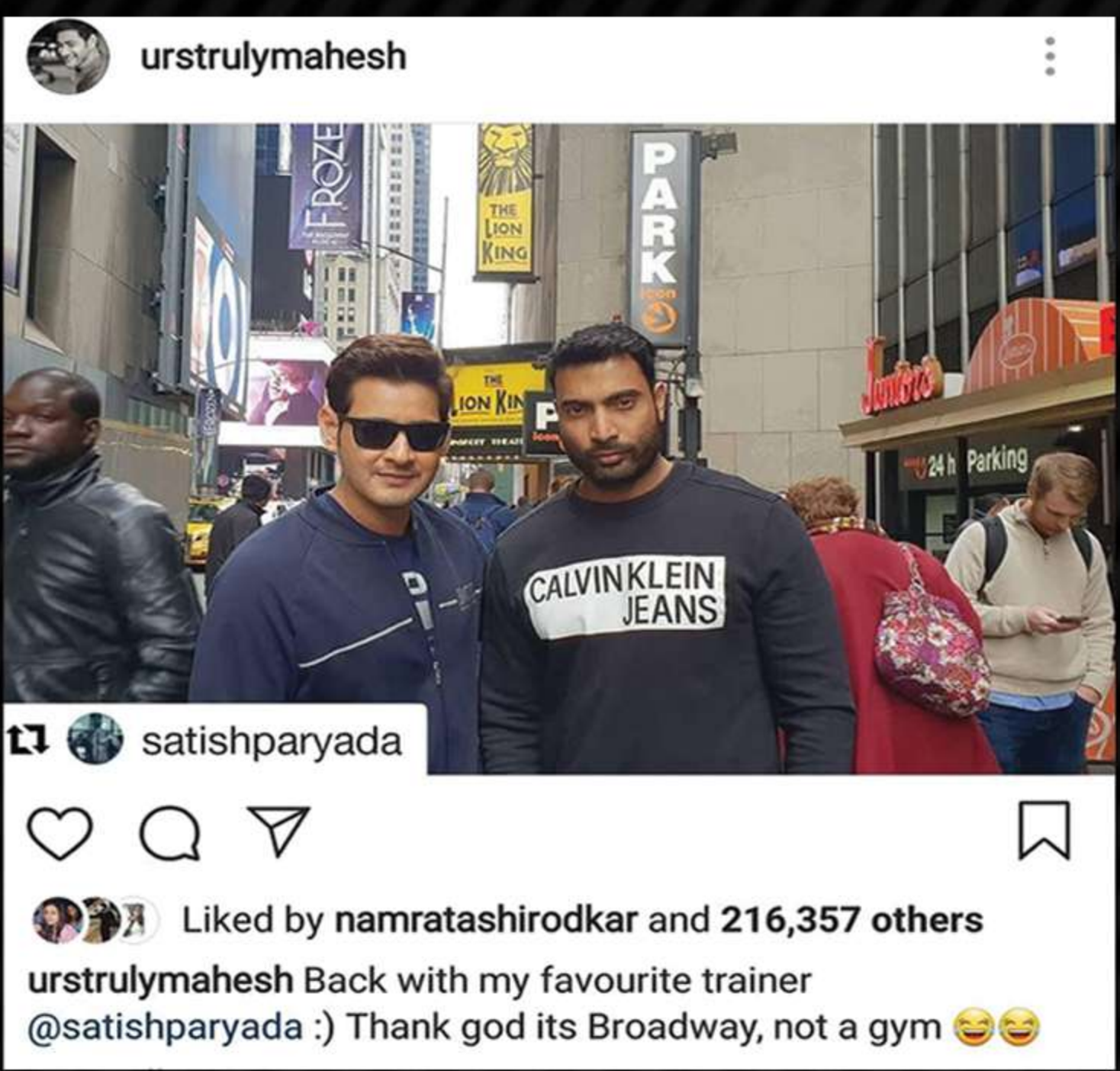
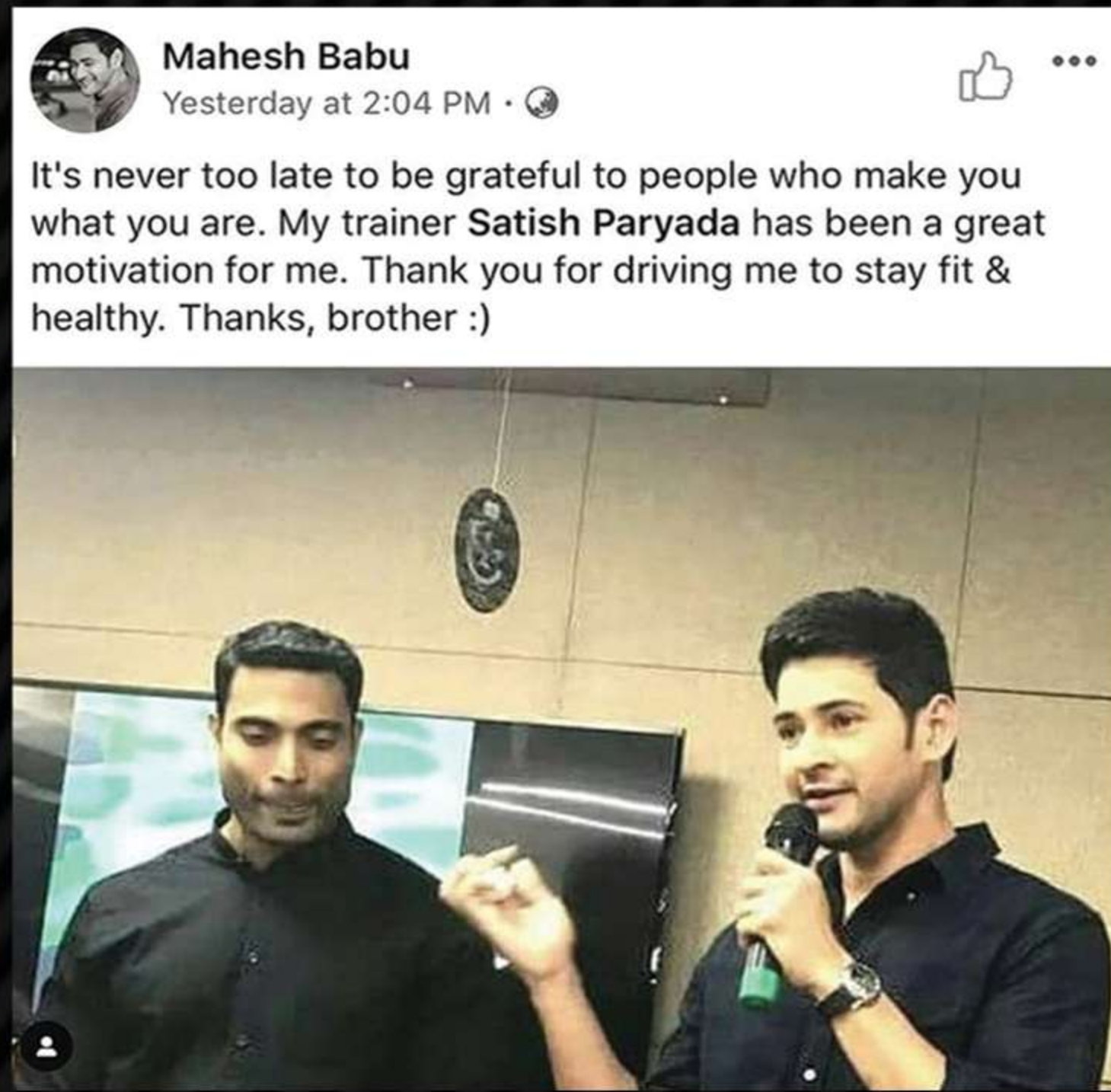
"Fitmap is my favorite destination for workout"

SAINA NEHWAL



"Wide range of equipment covering all muscle groups. Hammer Strength plate-loaded machines are the best in the world. It's a paradise for guys like me."

ROGER SNIPES



fitmap

PRICING

GENERAL MEMBERSHIP			
1 MONTH	3 MONTH	6 MONTHS	12 MONTHS
12,000	30,000	45,000	60,000

LEVEL 1 (Personal Trainer)		
DAYS PER WEEK	1 MONTH	3 MONTHS
3 DAY	18,000	45,000
3 DAY (COUPLE)	27,000	67,500
6 DAY	36,000	90,000
6 DAY (COUPLE)	36,000	90,000

LEVEL 2 (Personal Trainer)		
DAYS PER WEEK	1 MONTH	3 MONTHS
3 DAY	20,000	50,000
3 DAY (COUPLE)	30,000	75,000
6 DAY	40,000	1,00,000
6 DAY (COUPLE)	40,000	1,00,000

LEVEL 3 (Personal Trainer)		
DAYS PER WEEK	1 MONTH	3 MONTHS
3 DAY	30,000	75,000
3 DAY (COUPLE)	45,000	1,12,000
6 DAY	60,000	1,50,000
6 DAY (COUPLE)	60,000	1,50,000

FREELANCER TRAINER			
1 MONTH	3 MONTH	6 MONTHS	12 MONTHS
12,000	30,000	50,000	90,000

Kindly note that a GST rate of 18% will be levied on the above-mentioned prices.

THANKYOU