

 Gym Design & Management Services Proposal

FITMAP

FOUNDED BY SATISH PARYADA

"Premium Solutions for Premium Living"



TABLE OF CONTENTS

-  Our Vision
-  Our Expertise
-  Our Value Addition
-  Our App
-  Our Gym Setup Services
-  Our Gym Management Services
-  Contact Us



OUR VISION

Hello

We are **Fitmap**, a leading premium Wellness Brand celebrated across Hyderabad

We as a company want to inspire every single human being to take care of their **mind, body, and soul** as part of our mission is to see the entire world **healthy and happy**.

OUR EXPERTISE



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

N. T. RAMA RAO JR

Forbes India's Celebrity 100



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

ALLU ARJUN

National Award Winning Actor



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

MAHESH BABU

Telugu Actor



"The best fitness centre in the city with the best guidance and support."

ADIVI SESH

Telugu Actor



"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

Filmfare Award Winning Actor



PREMIUM GYM MANAGEMENT SERVICES

Industry leading Gym Management Services being provided to **My Home Bhooja**, and **Bolineni Bion**, two of the most prestigious gated communities in the twin cities.





“The support system here at Fitmap is great. I am happy to be a part of Fitmap.”

SANIA MIRZA

Six-time Grand Slam Winner



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

JWALA GUTTA

International Badminton Player



“Fitmap Gym plays an important role in my Strength & Conditioning”

MOHD. SIRAJ

World Cup Winner



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

MOHAMMAD AZHARUDDIN

Former Indian Cricket Captain



GYM DESIGN CONSULTANCY SERVICES

Satish Paryada with his decades of experience in the fitness industry has led the design of iconic wellness amenities at **Aparna 17 Degrees North Members Club, West Meadows** in Mokila.

PREMIUM FITNESS FACILITY

world-class 50+ Equipment Station **Flagship Facility** in **Banjara Hills**
built in partnership with **Kris Gethin**, with Body Composition Analyser,
and a spacious lawn area for outdoor functional training.



PERSONAL TRAINING BY EXPERT TRAINERS

We offer the best personal trainers in the industry with multiple years of experience and domain specializations.



GROUP CLASSES BY MASTER TRAINERS

We conduct exciting, well-rounded and structured classes conducted by highly skilled master trainers.



1

Yoga and
Meditation



2

Strength &
Conditioning



3

Zumba



4

Kickboxing



OUR VALUE ADDITION



COMMUNITY EVENTS

Monthly Community Events to promote wellness with an **inclusive program** aimed at fostering community bonds and deeper connections. Curated for **all age groups** and seasons.



INBODY MACHINE

Unlock your best self with the InBody Analysis. Get **precise body composition** analysis for **tailored fitness** plans. Track your **progress, goals**, and achieve more

TRAINER ACADEMY

We teach, mentor and guide trainers on the **Fitmap Wellness Philosophy** to enable lifestyle change, and ensure high quality personal training sessions.



OUR APP

Rated as one of the top wellness apps of

2023

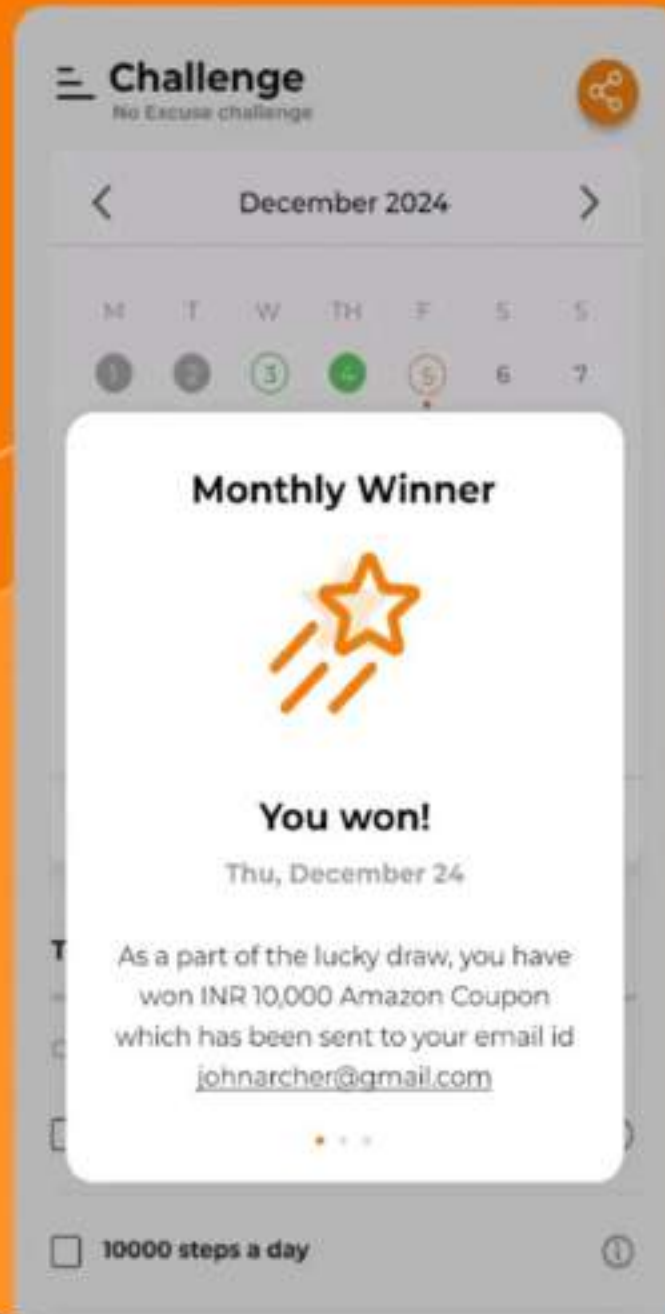


Only Gym in Hyderabad to have
launched a wellness app



Choose from our 'Flexible' or 'No Excuses' monthly wellness challenges

Tailor your wellness journey to fit your lifestyle with our adaptable challenge options

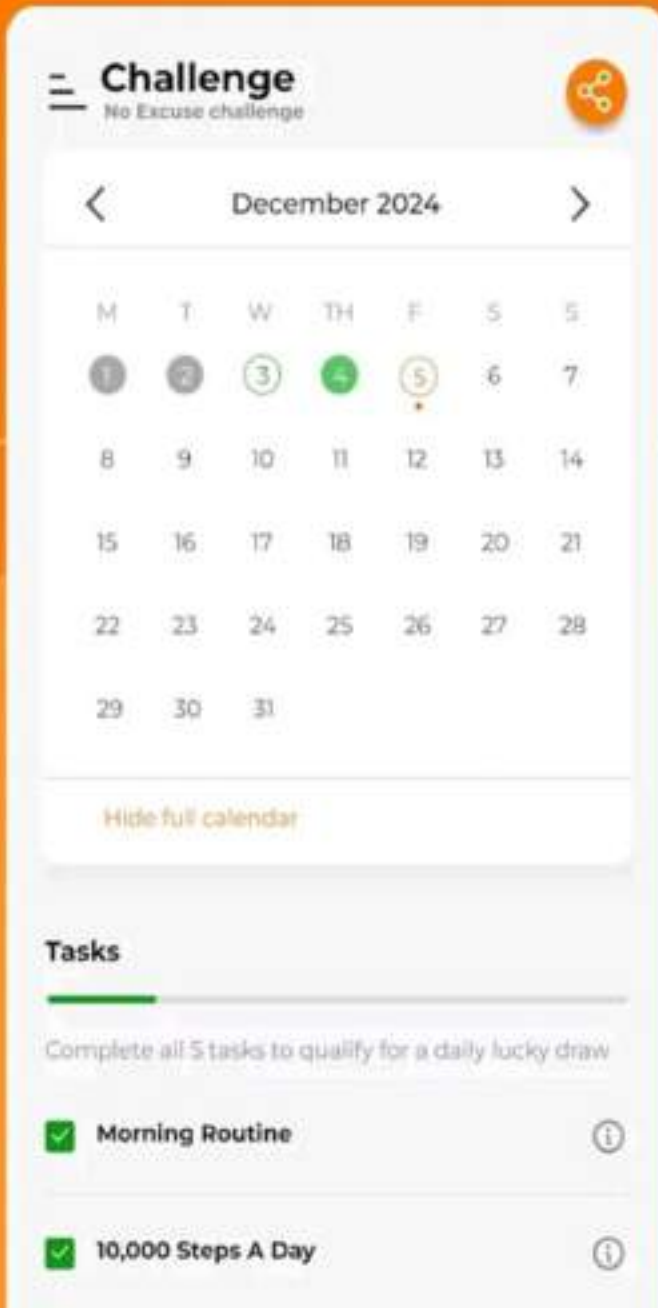


DAILY, WEEKLY, AND MONTHLY GIVEAWAYS

Win exciting prizes every day, week and month with our 'Flexible' or 'No Excuses' Monthly Wellness Challenges.

Complete your tasks and win exciting daily, weekly, and monthly prizes!

Stay motivated and earn amazing rewards by completing your challenge tasks



ENJOY CURATED WELLNESS RESOURCES

Access your very own **recipe library, workout generator, meditations, breathwork** and wellness resources tailored for you

Simply log your 'Challenge Tasks'

Easily track your progress by logging each completed task in the app

The screenshot shows the 'Challenge' app interface. At the top, it says 'Challenge' and 'No Excuse Challenge'. Below this is a calendar view for 'December 2024'. A modal titled 'Log Self Improvement' is open, featuring a 'Duration' slider set between 60m and 100m. Under the 'Activities' section, there are six buttons: 'Join A Workshop', 'Learn A New Skill', 'Join A Course', 'Listen To Podcasts', 'Listen To Audio Books', and 'Read A Book'. A 'Done' button is at the bottom of the modal.

SIMPLIFY WELLNESS - ONE CHALLENGE TASK AT A TIME

Enjoy the benefits of **gamified and incentivized incremental gains** to help you make your wellness your number one priority.

OUR GYM SETUP SERVICES

GET, SET, GO.

Customized Gym Design

- ▶ Optimal Workstation Deployment
- ▶ Flooring and Interior Design
- ▶ Lighting and Ambience Planning
- ▶ Sound System and Multimedia Installation

Equipment Management

- ▶ Discounted Procurement
- ▶ Discounted Installation
- ▶ Discounted Annual Maintenance Contracts (AMC)
- ▶ Select Vendor Partnerships

Thematic Design

- ▶ Fitness Studio
- ▶ Cardio and Strength Training Zones
- ▶ Personal Training Areas
- ▶ Wellness and Relaxation Zones
- ▶ Kids' Fitness and Play Area
- ▶ Group Exercise and Yoga Studios

Operational Design

- ▶ Locker Room and Shower Facilities
- ▶ Safety and Compliance
- ▶ Ventilation and Air Quality Management
- ▶ Emergency and First Aid Provisions

OUR GYM MANAGEMENT SERVICES

		GOLD		SILVER		BRONZE
Rental		n/a		n/a	✓	TBC
Revenue Share		n/a	✓	TBC		n/a
Equipment Maintenance	✓	Comprehensive AMC	✓	Servicing AMC	✓	Vendor Support
New Equipment Deployment	✓	TBC		n/a		n/a
Membership Fees	✓	TBC	✓	TBC	✓	TBC
Group Classes	✓	TBC	✓	TBC	✓	TBC
Trainer - Level 1	✓	10	✓	8	✓	10
Trainer - Level 2	✓	6	✓	10	✓	8
Trainer - Level 3	✓	2		n/a		n/a
Community Events	✓	1 Event p.m	✓	1 Event p.m	✓	1 Event p.m
In Body Analysis	✓	2 Days p.m	✓	2 Days p.m	✓	2 Days p.m
Fitmap App	✓	Complimentary	✓	Complimentary	✓	Complimentary

KEY TERMS

- All Plans Include 1 Dedicated Front Desk, Monday to Saturday - 6 AM to 9.30 PM
- All our trainers are certified by reputed organisations like PN-1, K11, ACE etc.
- Additional Trainers of all levels can be provided on a need-basis, within 2 weeks.
- Freelance Trainers will not be allowed to train residents at the gym premises.
- Eligible Freelance Trainers can be absorbed into Fitmap as Fitmap trainers provided they undergo the
- Fitmap Hiring Process and adhere to the Fitmap Code of Conduct.
- Group Classes need a dedicated space, separate from the gym floor, to be provided by the Residents Association.
- We have a clear no discounts, no extensions, no transfers and no refunds policy.
- Access would be provided on a prepaid basis with Biometric Access Control.
- Biometric Access System to be provided by the Residents Association.
- CCTV access to the gym floor and front desk with remote viewing and recording capability to be
- provided by the Residents Association.
- Housekeeping Staff and Materials to be provided by the Residents Association.
- Electricity and HVAC charges to be paid by the Residents Association.

CONTACT US

Email us at:

✉ satishparayada@fitmap.in

✉ raghu@fitmap.in

Thank You