



**V4 ATLANTIS**

**V4**

**ATLANTIS**

UTTARAKHAND'S **BIGGEST** GYM





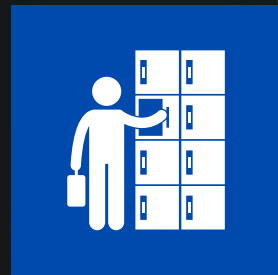


# ABOUT THE GYM

Welcome to V4Atlantis — the largest and most advanced fitness club in Uttarakhand. More than just a gym, we're a **20,000+ sq. ft.** fitness ecosystem built to inspire every level of athlete and enthusiast. With over **550 members** and counting, V4 Atlantis has quickly become the most talked-about fitness destination in the region.



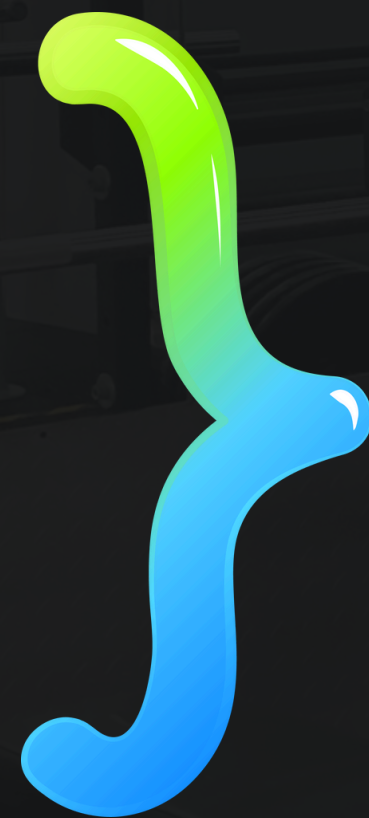




# FACILITIES WE OFFER

## GYM MEMBERSHIP INCLUDES

- Strength zone
- Cardio zone
- Strength training
- Yoga
- Dancing
- Zumba
- Aerobics
- Spin Cycling Studio
- HIIT ( High Intensity Interval Training )
- **Steam Bath**
- Open Locker Facility



Free trainer led group classes

## EXTRA FACILITES (PAID)

- **Personal Training**

- Massage
- Nutrition Diet
- Protien Cafe
- Mixed Martial Arts
- Boxing
- Wrestling
- Personal Locker Facility





## Pick Your Plan. Unlock Your Potential.

Whether you're here to lift, move, recover, or fight — we've got a plan built for your journey. Compare what's included in each membership below and choose the one that fits your lifestyle and goals best.

FEATURES INCLUDED	GYM MEMBERSHIP	CLASSES MEMBERSHIP	MMA ONLY	GYM + MMA
Strength Zone	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Cardio Zone	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Yoga Classes	<input checked="" type="checkbox"/> (Any time)	<input checked="" type="checkbox"/> (Fixed Time)	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Zumba	<input checked="" type="checkbox"/> (Any time)	<input checked="" type="checkbox"/> (Fixed Time)	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Aerobics	<input checked="" type="checkbox"/> (Any time)	<input checked="" type="checkbox"/> (Fixed Time)	<input type="checkbox"/>	<input checked="" type="checkbox"/>
HIIT	<input checked="" type="checkbox"/> (Any time)	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Spin Cycle	<input checked="" type="checkbox"/> (Any time)	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Strength Training Classes	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Steam Bath	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
MMA/Boxing/Wrestling	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Secure Parking	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Locker Room & Shower	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>





# GYM MEMBERSHIP PLAN

1 DAY

₹ 300 /

1 WEEK

₹ 900 /

2 WEEK

₹ 1,600 /

1 MONTH

₹ 3,000 /

3 MONTHS

₹ 7,500 /

6 MONTHS

₹ 14,000 /

12 MONTHS

₹ 24,000 /







## GROUP CLASSES

Join any of our group classes – Yoga, Zumba, Aerobics, HIIT & Spin Cycle – Attend any class, anytime, all included in your gym membership.

Prefer just classes?

📌 **Classes-only plan**

₹1500/month

No gym facilities access, Limited to 1 batch only-

🕒 5:30 AM – 7:00 AM or

☀️ 7:30 AM – 9:45 AM or

🌆 5:45 PM – 8:00 PM

# GROUP CLASSES






Rs.1500

V4 ATLANTIS

CLASSES SCHEDULE

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY MORNING	05.30 AM - 07.00 AM	Yoga/Aerobics/Zumba/ HIIT/ Spin Cycle Tushar	Yoga/Aerobics/Zumba/ HIIT/Spin Cycle Tushar	Yoga/Aerobics/Zumba/ HIIT/Spin Cycle Tushar	Yoga/Aerobics/Zumba/ HIIT/Spin Cycle Tushar	Yoga/Aerobics/Zumba/ HIIT/Spin Cycle Tushar	Yoga/Aerobics/Zumba/ HIIT/Spin Cycle/ Tushar
Morning	07.30 AM - 08.15 AM	Aerobics/Zumba/HIIT Tushar		Aerobics/Zumba/HIIT Tushar		Aerobics/Zumba/HIIT Tushar	
	08.15 AM - 09.00 AM	Yoga Tushar	Yoga Simran	Yoga Tushar	Yoga Simran	Yoga Tushar	Yoga Shubham
	09.00 AM - 09.45 AM	Spin Cycle Raja	Aerobics/Zumba/HIIT Raja	Spin Cycle Raja	Aerobics/Zumba/HIIT Raja	Spin Cycle Raja	Aerobics/Zumba/HIIT Neeraj
EVENING	05.45 PM - 06.30 PM	Yoga Shubham	Yoga Simran	Yoga Shubham	Yoga Simran	Yoga Shubham	Yoga Shubham
	06.45 PM - 07.30 PM	Aerobics/Zumba/HIIT Neeraj	Aerobics/Zumba/HIIT Neeraj	Aerobics/Zumba/HIIT Simran	Aerobics/Zumba/HIIT Neeraj	Aerobics/Zumba/HIIT Neeraj	Aerobics/Zumba/HIIT Simran
	07.30 PM - 08.00 PM	Spin Cycle Avi	Spin Cycle Avi	Spin Cycle Avi	Spin Cycle Avi		Spin Cycle Avi

Interested In Our Classes? JOIN NOW!

+91 7668774192 | @v4atlantis | www.v4atlantis.com



# MMA ONLY / COMBINED MEMBERSHIP PLANS

(MMA + BOXING +  
WRESTLING **ONLY**)

## FOR KIDS

1 MONTH - ₹ 1,800 /

3 MONTHS - ₹ 5,000 /

## FOR ADULTS

1 MONTH - ₹ 2,400 /

3 MONTHS - ₹ 6,000 /

(MMA + BOXING +  
WRESTLING + **GYM**)

## FOR KIDS

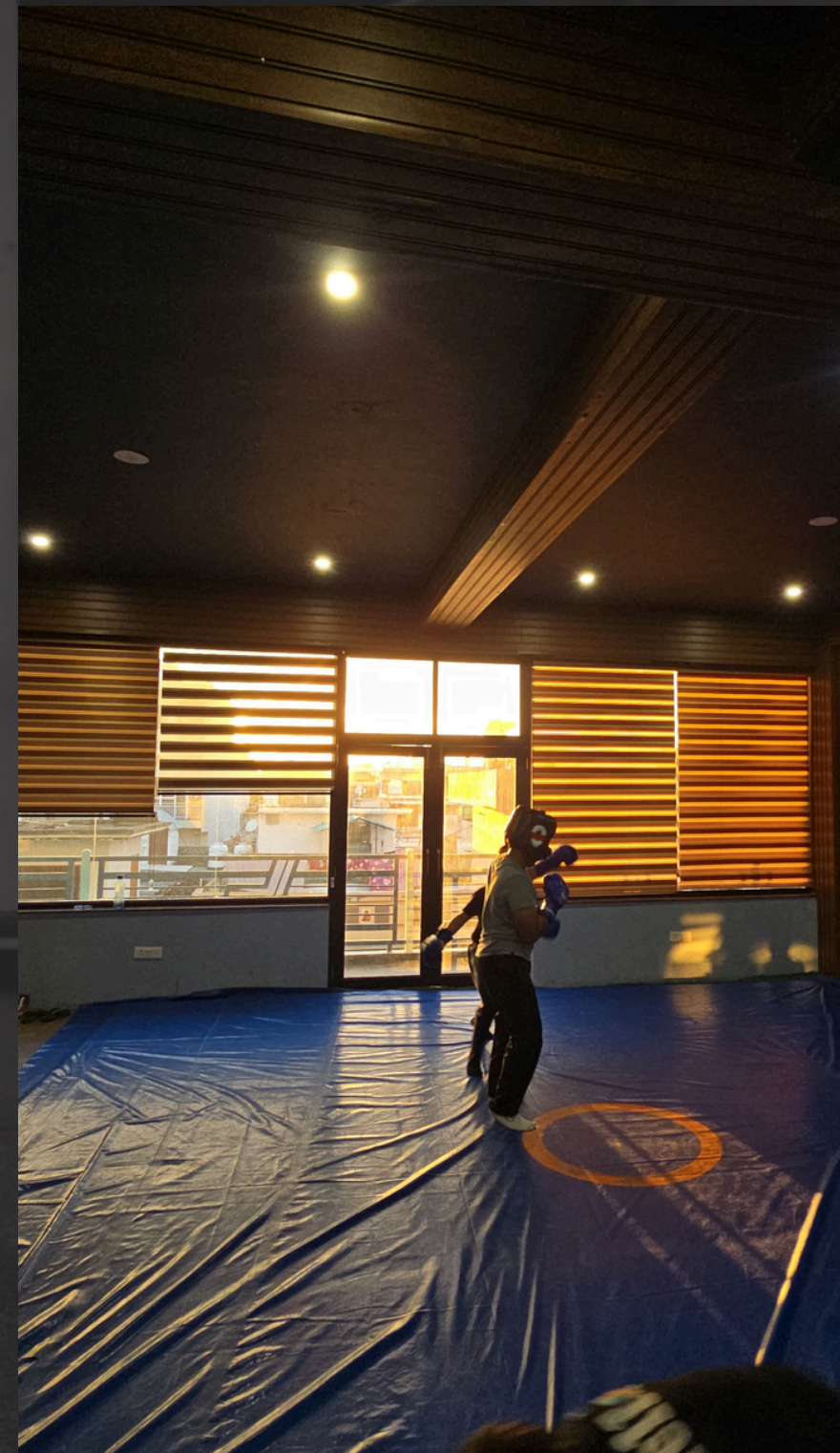
1 MONTH - ₹ 3,800 /

3 MONTHS - ₹ 9,500 /

## FOR ADULTS

1 MONTH - ₹ 4,200 /

3 MONTHS - ₹ 11,000 /







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# THANK **YOU!**

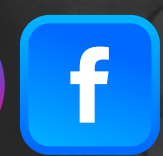
Join V4 Atlantis – and start building a healthier, stronger, more confident you!



[www.v4atlantis.com](http://www.v4atlantis.com)



@v4atlantis



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