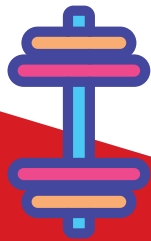


#Services FTG



	GYM & CARDIO	
	PERSONAL TRAINING	
	ZUMBA	
	YOGA	
	ABS CLASS	
	EXTRA GROUP ACTIVITY	
	DIET PLAN	
	HIIT	
	CROSS FIT	
	FTPL CRICKET TOURNAMENT & FTZD	

#Instruments FTG



whatsapp chat



Instagram

FITNESS TRACK GYM®

The Ultimate Way to Get Fit

Since 2013

JOIN
NOW



Celebrating 12 years
Keeping Vadodara Fit



@FitnessTrackGym

#About FTG

Celebrating 12 years of transforming lives and making Vadodara fitter, stronger, and healthier.

#Why FTG



- 12 years of fitness excellence
- 8 branches across Vadodara Smart City
- Vadodara's No.1 gym chain & Sahil Khan Merit Award winner
- Certified trainers & top-tier equipment for strength, cardio, boxing & functional training
- Supports mental health & prevents lifestyle diseases like PCOD, thyroid, diabetes, and heart issues
- Aids in recovery, anti-aging, and complete body transformations

#Contact FTG

+91 990 990 9698

www.fitnesstrackgyms.com

#Our Branches FTG

SUBHANPURA (Head Office)

3rd Floor, Kirti Square,
Subhanpura, Vadodara
+91 95375 33345 | 99092 09698

WAGHODIA ROAD

5th Floor, Nathdwara Avenue,
Dabhoi Ring Rd, Waghodia Rd, Vadodara
+91 96240 02274

TARSALI

3rd Floor, Pancham Avenue
Tarsali Ring Road, Vadodara
+91 70693 00474

VASNA-BHAYLI

5th Floor, Shyamal Sapphire, Nr. Nilambar
Circle, Vasna-Gotri 30 Mtr Rd, Vadodara
+91 74053 18123 | 70693 00379

SAMA

1st Floor, Vismay Complex,
Nr. GIPCL Circle, New Sama Rd, Vadodara
+91 70693 00817

PRATAPNAGAR

4th Floor, Apsara Skyline, Opp. Alpna
Talkies, Pratapnagar, Vadodara
+91 97255 68275

SAYAJIGUNJ, VED TRANSCUBE

1st Floor, Ved Transcube Plaza, Central
Bus Stations, Sayajigunj, Vadodara
+91 82389 03000

KARELIBAUG

2nd Floor, Inspirom Building, Nr Sangam
Char Ratsa, Karelibaug, Vadodara
+91 95123 91888

FTG

#Fitness Plan

1 Month	₹ 3000/-
3 Months	₹ 7777/-
6 Months	₹ 9999/-
12 Months	₹ 11999/-
24 Months	₹ 17777/-

Plan Include : Basic Gym Membership

Add on : Zumba Class, Yoga Class, ABS Class, Extra Group Activities, HIIT & Cross Fit



FTG

#Personal Trainer

4 Weeks	₹ 9000/-
12 Weeks	₹ 25000/-
25 Weeks	₹ 45000/-

Plan Include : 12 Session

with Professional Certified Trainer

(1 Week includes 3 PT Sessions Alternate Days (MFW, TTS))

#Nutrition FTG



FTG Nitro Whey "Explosive Muscle Recovery. Fast. Pure. Powerful."

FOCUS : Post-workout, high bio-availability, fast absorption.
(24 G Protein, 3 G Creatine Monohydrate, 500mg Ashwagandha, 500mg Tribulusterstris)

FLAVOURS : Chocolate Fudge & Malai Kulf
SERVINGS : 25 & 50 scoops

FTG Alpha Isolate "Lead the Pack with Lean Power."

FOCUS : Advanced users, lean muscle, lactose-free, ultra-pure.
(27 G Protein, 12.7 G EAA, 0 Sugar.)

FLAVOURS : Belgium Chocolate, Cafe Mocha, Malai Kulf.

SERVINGS : 25 & 50 scoops



FTG Beta Whey "Build from the Base. Grow with Beta."

FOCUS : Daily protein, balanced performance for beginners to intermediate.
(24 G Protein, 10.7GEAA, 4.22g Glutamine)

FLAVOURS : Chocolate Fudge, Malai Kulf & Mix Berries.

SERVINGS : 25 & 50 scoops

COMING SOON PRODUCTS.

FTG ZEUS Pre-workout

"Unleash the God Within."Focus: Energy, focus, pump – mythological strength.

FTG Omega SURGE

"Surge Ahead with Smart Strength."Focus: Omega 3s + performance blend for heart, joints, brain.

FTG Kartos BCAA

"Endure. Recover. Dominate."Focus: Intra-workout or post, rapid muscle repair & hydration.

FTG Vita Olympus

"Daily Power from the Peak of Wellness."Focus: Complete multivitamin for strength, immunity, vitality.

T&C Some Services
Charge is extra.