

# #Services FTG



- GYM & CARDIO**

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- PERSONAL TRAINING**

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- ZUMBA**

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- YOGA**

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- ABS CLASS**

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- EXTRA GROUP ACTIVITY**

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- DIET PLAN**

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- HIIT**

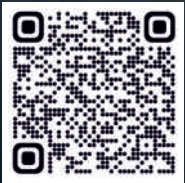
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- CROSS FIT**

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- FTPL CRICKET TOURNAMENT & FTZD**

# #Instruments FTG



whatsapp chat



Instagram

**GYM TIMINGS** (Monday to Saturday)  
**Morning** : 6 AM to 12 PM  
**Evening** : 4 PM to 10 PM  
**Sunday** : 8 AM to 12 PM



# FITNESS TRACK GYM<sup>®</sup>

The Ultimate Way to Get Fit  
**Since 2013**



**Celebrating**  
**13 YEARS** keeping  
**Vadodara Fit**



**JOIN  
 NOW**



@FitnessTrackGym

# #About FTG



Celebrating 13 years of transforming lives and making Vadodara fitter, stronger, & healthier.

# #Why FTG



- 13 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
- Personalized fitness consultation & counseling.

# #Contact FTG

**+91 990 990 9698**

**www.fitnesstrackgyms.com**



## #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 Tribulusterrestris )

**FLAVOURS :** Chocolate Fudge & Malai Kulfis

**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 Kulfis.



**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 Kulfis & Mix Berries.



## #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 76240 02274 | 82389 03345

### 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

3rd Floor, Paradise Complex,  
Near Sama Talav, Sama, Vadodara  
+91 70693 00817

### PRATAPNAGAR

4th Floor, Apsara Skyline, Opp. Alpana  
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

## #Fitness Plan

1 Month	₹ 3500/-
3 Months	₹ 7777/-
6 Months	₹ 11999/-
12 Months	₹ 16999/-
24 Months	₹ 29999/-

**Plan Include :** Basic Gym Membership  
Add on : Zumba Class, Yoga Class, ABS Class,  
Extra Group Activities, HIIT & Cross Fit

## #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))

