

FITNESS



IRON CORE GYM

Strength training for real life

COACH

Coach Name

LOCATION

Andheri, Mumbai

JOIN

+91 90000 00000

CONTENTS

AGENDA

01

Why us

03

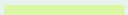
Progress

02

Training

04

Join



Stronger every week. No shortcuts.

Our promise

RESULTS

WHY TRAIN WITH US

2,000+

members trained

12

certified coaches

5 am

doors open daily

Sample figures for illustration.

TRAINING

PROGRAMMES



Strength

Barbell basics and progressive overload.



Conditioning

HIIT circuits for stamina.

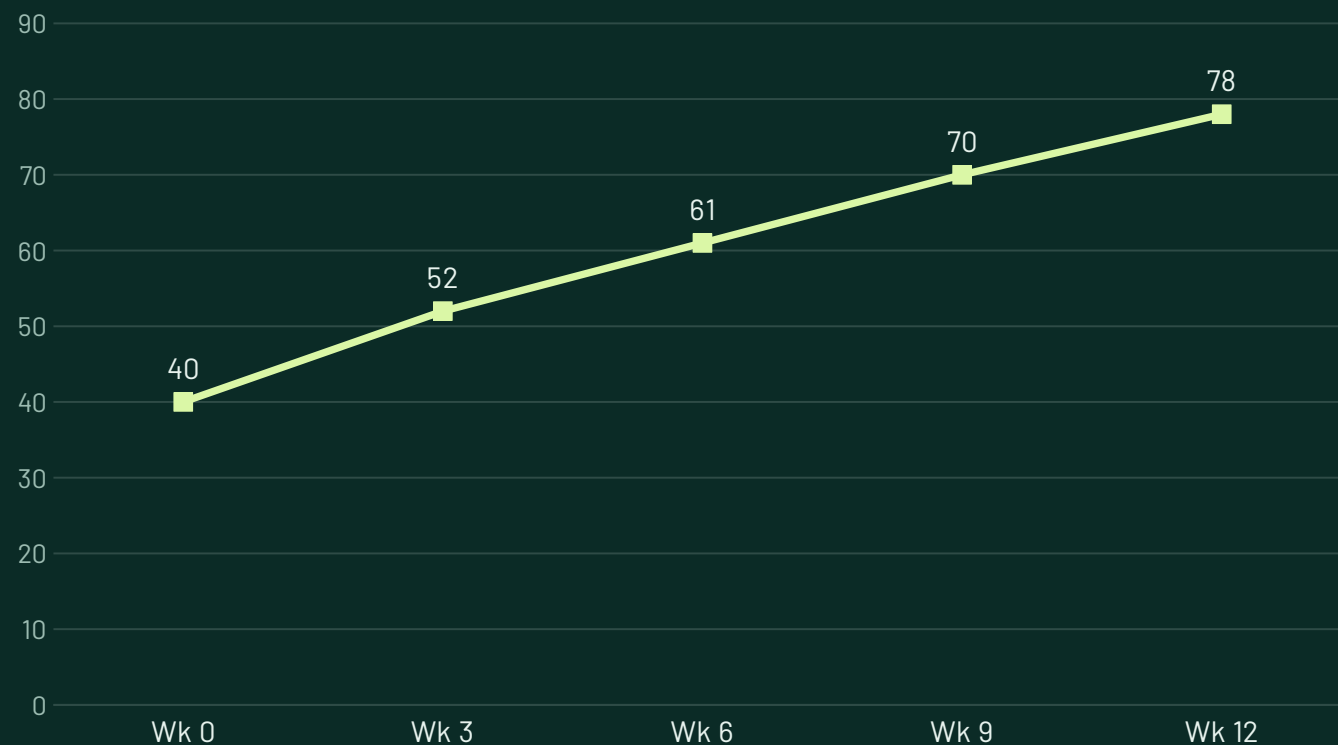


Mobility

Stretching and recovery.

TRACKING

PROGRESS OVER 12 WEEKS



Typical progress of a member
(sample data).

Sample data for illustration — replace with your own figures.

TEAM

COACHES



Coach Arjun
HEAD COACH

Strength and powerlifting.



Coach Nisha
COACH

Functional fitness.



Coach Ravi
COACH

Mobility and rehab.

MYTH VS FACT

Myth

- Weights make women bulky
- More sweat means more fat loss
- You need supplements

vs

Fact

- Weights build lean, strong bodies
- Consistency matters most
- Food first, supplements optional

PRICING

MEMBERSHIP PLANS

Plan	Includes	Price
Monthly	Gym + 2 classes/week	₹ 2,500
Quarterly	Gym + all classes	₹ 6,500
Personal training	12 coached sessions	₹ 9,000

Indicative pricing.

“

*I deadlifted my body weight at 42. Never thought I
would.*

A MEMBER (PLACEHOLDER TESTIMONIAL)

NEXT STEPS

START TODAY

- ▶ Book a free trial session
- ▶ Get your fitness assessment
- ▶ Pick a programme
- ▶ Show up three times a week

YOUR FIRST SESSION IS ON US

Book a free trial today.

+91 90000 00000

hello@yourdomain.in

