



WILD FIT

AN EXCLUSIVE NUTRITION & PERSONAL TRAINING STUDIO
POWERLIFTING | YOGA | ZUMBA | BOXING



Arissa Avenue, D P Rd, above Dominos
pizza, Kharadi, Pune-14.

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*Some people want it to happen,
some wish it would happen,
others make it happen.*

START YOUR JOURNEY

IT'S A WIN-WIN

**GET RESULTS OR
GET MONEY BACK**

We provide customized nutrition plans based on your body composition done on our advance body analysis machine and also provide exercise guidance to promote healthy way of life in natural way



+91 9903033004

#WildFit

#Personal Trainer

#Nutrition

#Health

OUR SERVICE

- 🏋️ One to One Personal Training
- 🏋️ Customised Nutrition Plans for following categories: Fat Loss, Muscle Gain, Cholesterol Management, Diabetes Management, PCOS/PCOD Management, Immunity Boost , Low / High Blood Pressure Management
- 🏋️ Body Composition Analysis on Machine
- 🏋️ Athlete Performance
- 🏋️ At Home/Online Training
- 🏋️ Powerlifting
- 🏋️ Zumba
- 🏋️ Yoga
- 🏋️ Sports Rehabilitation and Injury Prevention
- 🏋️ Boxing

CALL US FOR FREE HEALTH ASSESSMENT

📞 9903033004

OUR PROCESS

STRIVING FOR YOUR PROGRESS

01. BODY COMPOSITION ANALYSIS

Know your current health status related to body fat / visceral fat / muscle mass on an advance machine.

02. NUTRITION PLANS

Get a customised diet plan from our nutritionist according to your BCA report and history related to (health + eating habits), changing every 15 days.

03. EXERCISE OF YOUR CHOICE

You get to pick any exercise : Weight Training /Personal Training, Zumba, Yoga, HIIT, Functional Training, Boxing

04. STRENGTH MEASURE

Know how much weight you can lift without any stress & injury.

05. POSTURE CORRECTION

Work on the Correction of your regular Seating, standing, lying down postures to avoid injuries.

ABOUT WILDFIT

WILDFIT is an exclusive Nutrition and Personal Training Studio , mainly focused on Human Body Transformation under the abled guidance of highly certified Nutrition Researcher and Personal Trainers. We support every aspect of your well being through Teaching, Training and Nutrition in a sustainable way. We provide a healthy and a safe environment where clients can achieve measurable results and lifelong self education in fitness. While, offering professional trainers a genuine career path to master their craft.

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