



SOME PEOPLE WANT IT  
TO HAPPEN, SOME  
WISH IT WOULD  
HAPPEN, OTHERS

**MAKE IT HAPPEN.**

**START YOUR JOURNEY!**



**CALL NOW**

 **9903033004**

**FREE**  
HEALTH  
ASSESSMENT

## KHARADI BRANCH



**ADDRESS:** WILDFIT, Office Number C-1/206,  
Arisa Avenue, D P Rd, above Dominos  
pizza, Kharadi, Pune, Maharashtra 411014

## KALYANI NAGAR BRANCH



**ADDRESS:** Gold Adlabs Mariplex Mall, Office  
No 14/1, Ground floor, Kalyani Nagar, Pune,  
Maharashtra 411014



**WILDFIT**

AN EXCLUSIVE NUTRITION & PERSONAL TRAINING STUDIO

Kharadi | Kalyani Nagar | Baner

**GET RESULTS OR GET MONEY BACK**

**+91 9903033004**



# ABOUT WILDFIT

WILDFIT is an exclusive Nutrition and Personal Training Studio , mainly focused on Human Body Transformation under the able 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.

**START YOUR TRANSFORMATION JOURNEY TODAY WITH WILDFIT**

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

# OUR SERVICES

- 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**

# MAINLINE SERIES

## 01. BODY COMPOSITION ANALYSIS

This measurement provides an insight into both nutritional status and functional capacity of the human body (visceral fat, body fat, abdominal fat, muscle mass) by estimating body composition parameters based on bioelectrical impedance analysis (BIA).

## 02. NUTRITION PLANS

Includes Consultations and customized diet plans from our Nutrition Researchers according to your BCA report and history related to health and eating habits.

## 03. PERSONAL TRAINING

Get Customized and Structural Workout Plans designed as per your requirements.

## 04. PREHAB EVALUATION AND POSTURE CORRECTION

Evaluation is done by Physiotherapist & Rehab Therapist in terms of injuries & posture.

## 05. HEALTH ASSESSMENT AT INTERVALS

Monitoring or tracking your health through BCAs at regular intervals to seek constant progression.

