



fitNglow
Ladies Fitness Club



Fit N Glow: She-Power in Every Move!

EMPOWERING WOMEN'S
WELLNESS IN VALANCHERY



INTRODUCTION

Welcome to Fit N Glow, your haven for fitness and femininity in Valanchery. Discover the power within with our exclusive women's fitness offerings.





UNLEASH YOUR POTENTIAL IN THE LARGEST LADIES GYM!

State-of-the-art facilities covering 3000 sqft exclusively for women.
Catering to all fitness levels, providing a welcoming space for empowerment.

**BIGGEST LADIES
FITNESS GYM IN
MALAPPURAM**

DIVERSE OFFERINGS

Unleash Your Potential with our Varied Fitness Offerings!



FITNESS GYM

State-of-the-art facilities covering 3000 sqft exclusively for women, providing a welcoming space for empowerment.



MARTIAL ARTS

Embrace strength and self-defense in our exclusive ladies-only classes.



MIND GYM

Elevate mental well-being through focused Mind Gym sessions.



SPORTS YOGA

Foster flexibility, focus, and overall well-being with our dedicated Sports Yoga sessions.



ZUMBA

Dance your way to fitness and fun with our energetic classes.



GYM FOR KIDS

FOR GIRLS & BOYS

Empowering the Next Generation:

Tailored fitness programs for young girls, including martial arts and yoga.



MARTIAL ARTS

Develop confidence and resilience with our Martial Arts program, combining discipline and empowerment for both boys and girls.



SPORTS YOGA

Introduce young minds to the balance of body and mind with our Sports Yoga sessions, fostering flexibility, focus, and overall well-being.



TOP-NOTCH FACILITIES



FULLY AIR CONDITIONED

Workout in comfort, ensuring a cool and focused environment.



DEDICATED PERSONAL TRAINER

Receive personalized attention and guidance for your fitness journey.



GIRL-POWERED MANAGEMENT

Experience the strength of sisterhood with our 100% women-controlled gym.



AMPLE PARKING SPACE

Hassle-free access to your fitness destination.





MEET YOUR FITNESS DYNAMO DUO

Embark on a transformative fitness journey with our dedicated trainers, Prajitha C K and Aswathy K. Discover excellence and personalized training tailored to your unique goals.

TRAINER 1: PRAJITHA C K

A gold medalist with a passion for excellence, Prajitha brings a wealth of experience from her 2-year tenure at a reputable fitness center.

TRAINER 2: ASWATHY K

Aswathy holds accolades such as the NSQF Level 4 Fitness Trainer, Trauma Response Certificate, and is a REPS Registered - Category A member, demonstrating her commitment to excellence in personal training.

GET STARTED TODAY!

Join Fit N Glow for a transformative fitness experience. Visit us, try a session, and let us be your partner in wellness and strength!



Contact Us :



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