<http://www.successinfotech.net/demo/gr_fitness_web/>

* Progress

Whether you are a beginner or a veteran, you will find everything at GR Fitness that you need on your fitness journey.

* Exercises

Gain power, flexibility, and mobility with excellent Exercises at GR Fitness

* Nutrition

A meal plan specially designed by the best nutritionist for a well-balanced diet.

**What is functional**

GR Fitness is more than a place where excellent professionals give their best.

From our Custom made training programs to small group training, powerful performance, we have everything you need if your goal is fitness and wellness. Equipped with the latest gears and the best team of trainers in town, our team makes your well-being our priority.

**Our services**

* Aerobics

Bring your best self at GR Fitness and we'll do our best. Our safest group class combines aerobics, dance, and sculpting for a full-body, all-natural high.

* Cardio

Get back to normal with top-of-the-line cardiovascular equipment, an effective cardiovascular exercise specially designed to strengthen muscles throughout the body.

* GYM

Challenge yourself with this extended version. Move away from better cardiovascular and muscular strength.

* Diet

Have you heard of the latest nutritional trends? Get real insight into healthy eating and weight loss strategies from our expert Nutritionist.

* Yoga

Need a bit of help to boost your strength? We have different yoga classes for all ages, abilities, and interests to help you increase strength.

* TRX Workout

One weight is enough. Eliminate distractions and focus on results with next-generation TRX Workout equipment and exercise to build your core.

<http://www.successinfotech.net/demo/gr_fitness_web/aboutus.php>

### About us

When you are part of GR Fitness, you become a part of our family. We all strive to meet our fitness goals and it becomes easier with professional guidance! We strive to make all of our employees and members feel supported and able to succeed in a safe, motivating, and Pleasant environment.

**Vision**

To be known as a premier service provider of gymnastics, fitness, and wellness in Ahmedabad. Known for Our unique and inspiring experiences, progress is achieved in a positive atmosphere designed for superior health, movement, and pleasure.

**Mission**

GR Fitness provides clients with the most effective and productive high-intensity strength training, nutritional counseling, and post-rehabilitation experiences potential professionally and consistently in state-of-the-art clinically controlled healthcare surroundings.

**Why choose us**

We believe in providing top-notch service unmatched in the industry. We take pride in our relationship with our customers and do our best to impress them when we have the chance!

* Free Fitness training

Get the well planned exercise from the expert trainers.

* Cardio and strength

Increase your body strength with our customized cardio workout plans

* No Commitment Memberships

Get fully committed membership with full access.

<http://www.successinfotech.net/demo/gr_fitness_web/classes.php>

# Our Classes

**GYM**

GR Fitness offers the most effective, cost-effective, and safe personal training services. Under the supervision of our certified professionals, you will receive exceptional training in the fitness industry.

* Certified professional trainer
* High quality equipment
* Get all your desired result
* Direct supervision and expert support

**Benefits**

Do you want to gain energy and even extend your life by several years? Get top notch services from GR Fitness to reach your desired goals. Here are some benefits of joining GR Fitness gym,

* Exercise controls body weight
* Improve overall body health
* Help you increase your energy
* Develop your body and posture

**Cardio**

Cardio is a cardiovascular workout. It is one of the most important types of exercise for all fitness freaks. As a part of a healthy lifestyle, regular cardiovascular exercise not only increases your blood pressure and heart rate, but these major changes can also improve your heart.

Here some benefits of cardio workout,

* Improve your heart health
* Increasing Circulation
* Overcome depression, stress, and anxiety.
* Weight loss and efficient metabolism.
* Develop physical performance
* Increase the health of bones

**Aerobic**

Aerobic exercise is an activity that targets the blood and major muscle groups. Aerobic exercise reduces the risk of many health problems, from heart disease to dementia. While all forms of physical activity have some benefits, aerobic exercise is particularly effective because it causes the heart and lungs to work harder than normal. Here are some more benefits one can get from Aerobic Exercise,

* Improved health of the cardiovascular system.
* Reduce asthma symptoms
* Weight loss and efficient metabolism
* Strengthens the immune system
* Enhance your mood
* Lowers blood pressure

**TRX training**

TRX exercises are accessible to everyone, no matter your fitness level. The advantage of suspension training is that there are different methods for each exercise for beginners and advanced users. Unlike other workouts where you constantly gain weight or reps, small changes in your TRX posture dramatically increase the intensity of the exercise.

There are many TRX exercises out there and with great progress, you will always have a new one. With the TRX workout from GR Fitness, learning is never boring. There is always a new way to challenge yourself. Here are some benefits of TRX Workout from GR Fitness,

* Suitable for everyone
* Improve heart health and strength
* Effect your whole body.
* Get more results in less time

**Yoga**

Yoga is a great solution to work on flexibility and strength. Almost anyone can do this, it is not just people who might touch their toes or want to meditate. Certain types of yoga are associated with relaxation.

Most of the types focus on teaching methods called **“aasan”** They also tend to focus on breathing. There is a good chance that you will soon start to see benefits at all levels of yoga.

Are you looking for reasons to try yoga? Yoga has many benefits for increased strength and flexibility for heart health, there some more benefits when you join yoga classes at GR Fitness,

* Increase your flexibility
* Increase muscle strength
* Improves bone health
* Lymph slows down and immunity increases
* Yoga lowers blood sugar and low-density lipoprotein cholesterol
* Regular yoga improves coordination, reaction time, and memory.

**Diet**

Eating a healthy meal can help prevent some long-term sicknesses, such as heart disease, stroke, and diabetes. It can also help reduce the risk of certain types of cancer and help maintain a healthy weight. It's important to avoid eating foods that are high in sugar, sodium, and saturated fat, such as fast food, convenience foods, and sodas. However, it can be difficult to keep these foods completely out of your diet.

* Fight against several diseases
* Increase your life longevity
* Weight loss and efficient metabolism.
* Control your mood swings
* Saving on life insurance