

NAME OF THE CLUB: GYM & FITNESS CLUB, BHUBASNESWAR CAMPUS

LOGO OF THE CLUB (IF ANY):

ABOUT THE CLUB:

A gym and fitness club is a facility that provides a dedicated space and equipment for individuals to engage in physical exercise and activities aimed at improving their overall health and fitness levels. These establishments offer various workout options, such as cardiovascular exercises, strength training, group fitness classes, and sometimes additional amenities like swimming pools, saunas, and personal training services. The primary goal of gyms and fitness clubs is to promote regular exercise, foster a supportive environment for members, and help individuals achieve their fitness objectives, whether it be weight loss, muscle gain, or simply maintaining a healthy lifestyle.

OBJECTIVE OF THE CLUB:

1. Promote Healthy Lifestyle: Encourage members to engage in regular physical activity, provide access to diverse workout options, and offer educational resources to promote a healthy and active lifestyle.
2. Build a Supportive Community: Foster a welcoming and motivating environment that connects individuals with similar fitness goals, providing a sense of community, encouragement, and accountability to help members stay committed to their fitness journey.

ACTIVITIES OF THE CLUB (DONE):

1. Strength Training: Using weight machines, free weights, or bodyweight exercises to build and tone muscles.
2. Stretching and Flexibility: Dedicated areas or classes for stretching and flexibility exercises.
3. Wellness and Relaxation: Amenities like saunas, steam rooms, or spa services to aid in relaxation and post-workout recovery.

ACTIVITIES OF THE CLUB(PLANNED):

1. Group Fitness Classes: Various group workouts led by instructors, such as aerobics, dance, yoga, Pilates, Zumba, spinning, and more.
2. Functional Training: Activities that mimic real-life movements to improve strength and coordination.
3. Health and Nutritional Guidance: Workshops, seminars, or consultations with experts on nutrition and healthy eating habits.
4. Personal Training: One-on-one sessions with a personal trainer for personalized workout plans and guidance

TIMING OF THE CLUB:

Day- Friday, Saturday

Time- 02:00 P.M. to 05:00 P.M.

FACULTY IN CHARGE AND COORDINATORS (MAIL ID AND MOBILE NO):

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PHOTOGRAPHS OF DIFFERENT ACTIVITIES: