



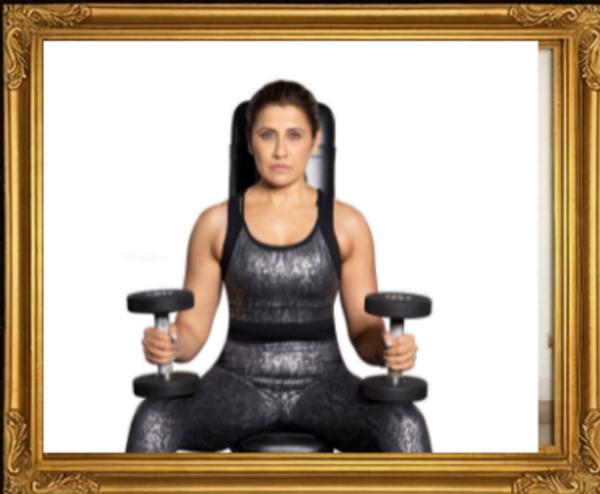
YASMIN KARACHIWALA BODY IMAGE

## ABOUT US

*Our studio is built for people who want real results and smarter movement.*



*From Pilates and strength training to CrossFit, kickboxing, cardio, EMS, and more, we offer training that challenges you, supports your body, keeps things interesting. Every class is intentional, energizing, and designed to make you feel stronger—inside and out.*



*“Health is a priceless wealth.  
Invest while you can.”  
— Bryant McGill*



## CONTACT US

+91 9238688815 +91 9893123027

[www.ykbiindore.com](http://www.ykbiindore.com)

BCC House Ground Floor,  
8/5, Manoramagani, Main Rd.,  
Navratan Bagh, Indore

# STUDIO PRICE LIST

## GYM PERSONAL TRAINING

### Premium Coach

- 12 Sessions – ₹8,000
- 20 Sessions – ₹12,000

### 3 Months

- 36 Sessions – ₹19,800
- 60 Sessions – ₹30,000

### 6 Months

- 72 Sessions – ₹32,400
- 120 Sessions – ₹48,000

### Expert Coach

- 12 Sessions – ₹10,200
- 20 Sessions – ₹16,000

### 3 Months

- 36 Sessions – ₹23,400
- 60 Sessions – ₹36,000

### 6 Months

- 72 Sessions – ₹39,600
- 120 Sessions – ₹60,000



# PILATES PRICE LIST

## PILATES – GROUP

- 1 Session – ₹1,000
- Starter Pack**
  - 8 Sessions – ₹6,800
- Progress Pack**
  - 12 Sessions – ₹9,000
- Consistency Pack**
  - 36 Sessions – ₹18,000
- 6 Months**
  - 72 Sessions – ₹32,400
- Annual Pack**
  - 144 Sessions – ₹57,600

## PILATES (PERSONAL)

- 1 Session – ₹1,800
- Starter Pack**
  - 8 Sessions – ₹14,000
- Progress Pack**
  - 12 Sessions – ₹20,400
- Commitment Pack**
  - 36 Sessions – ₹50,400
- Transformation Pack**
  - 72 Sessions – ₹86,400
- Annual Mastery**
  - 144 Sessions – ₹1,44,000

*Strength. Control. Precision.*



# FUNCTIONAL / CROSSFIT (GROUP)

All sessions are instructor led and studio based

## FUNCTIONAL / CROSSFIT (GROUP)

- 1 Month – ₹4,500
- 3 Months – ₹12,000

## TRAMPOLINE SESSIONS (GROUP)

- 4 Sessions – ₹1,600
- 8 Sessions – ₹2,500

## ULTIMATE STUDIO ACCESS ★

- Gym + Pilates | All-In-One Membership
- Up to 250 Sessions
- Mix Gym PT, Pilates & Functional Training (group)
- Valid for 12 Months

**₹95,000 ONLY**



# EMS TRAINING



## WHAT IS EMS TRAINING?

- Uses mild electrical impulses to contract your muscles while you train.
- Mimics your brain's signals, but deeper and more intense.

## HOW IT WORKS:

- Wear an EMS suit with electrodes on major muscles.
- 30-minute session with guided exercises + EMS pulses.
- Activates up to 90% of your muscles at once.

## WHY PEOPLE LOVE IT:

- 30 min EMS = 90 min regular workout
- Reaches deep muscle layers
- Joint-friendly, no heavy weights
- Works whole body in one go
- Intensity matches your fitness level
- Burns fat, builds lean muscle fast
- Faster recovery, less soreness

## EMS TRAINING PRICE LIST

Twice a Week		
Duration	Sessions	Price
3 Months	24 Sessions	Rs. 35,000
6 Months	48 Sessions	Rs. 54,800
12 Months	96 Sessions	Rs. 1,15,200

Thrice a Week		
Duration	Sessions	Price
3 Months	36 Sessions	Rs. 30,400
6 Months	72 Sessions	Rs. 90,000
12 Months	144 Sessions	Rs. 1,44,000

Home Visit EMS Packages		
Option	Sessions	Price
1 Session	-	Rs. 3,000
1 Month	8 Sessions	Rs. 21,600
3 Months	24 Sessions	Rs. 60,000

### INTRODUCING EMS ON EMI!

**BREAK YOUR BODY, NOT YOUR BANK ACCOUNT.  
NOW PAY FOR 5 AND 12 MONTH EMS PLANS IN 2  
EASY INSTALLMENTS-ZERO INTEREST, ZERO  
EXCUSES.**

**STILL UNSURE? TRY BEFORE YOU COMMIT.**

**TRIAL PACK: 3 EMS SESSIONS @ RS 1375 EACH  
TOTAL: RS 4125**