



**FITNESS IS BETTER
WITH FRIENDS**

Refer your friend for an **Annual Gym Membership** & get **One Month FREE** on your existing membership

GET STARTED



XTREME FITNESS INDIA ON INSTAGRAM

Follow us on [Instagram](#) for tips, inspiration and the latest happenings in our clubs.

OUR FEATURES

CLASSES

Latest fitness equipment, 10,000 sq.ft. of gym workout space. Hygienic environment. Dedicated personal training and functional training studio. Internationally certified personal trainers. We are the champions of fitness.



Body Building

We have no qualms in calling ourselves the best gym in Andheri West.



Selt Workout

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Personal Taineer

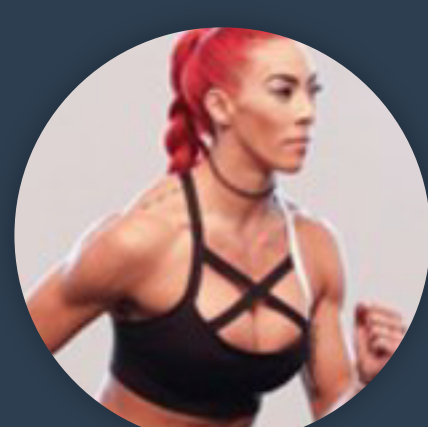
We have no qualms in calling ourselves the best gym in Andheri West.

Find your next workout plan

What's your goal?



Build Muscle



Lose Weight



Gain Strenth



Get Fit



Performance

OUR FITNESS

EXPERTS

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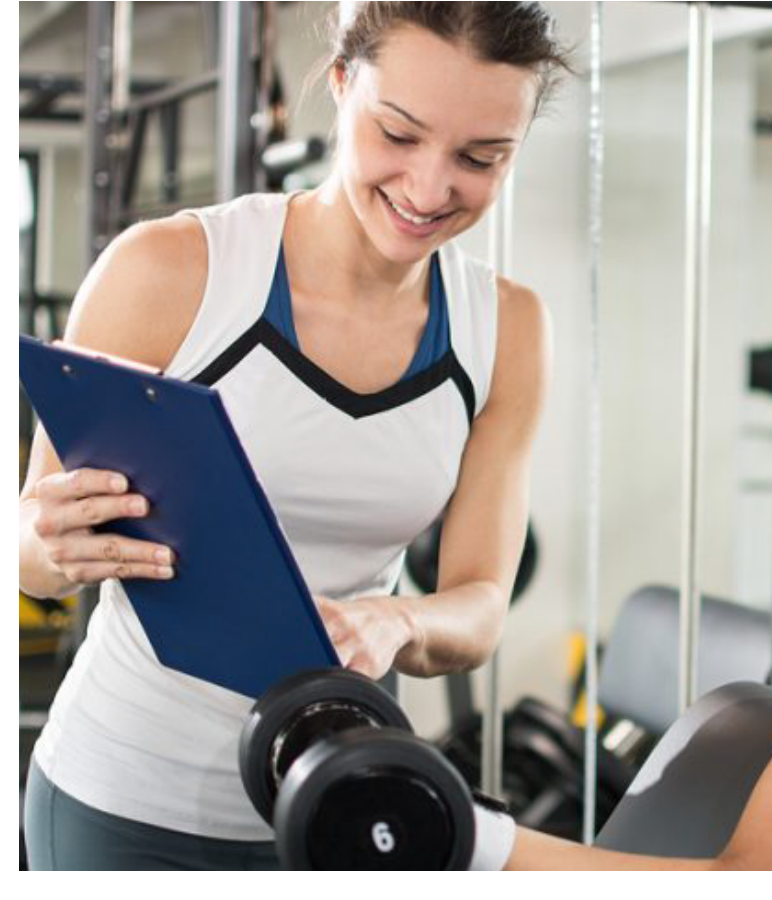
Namrata Purohit

Traineer



Hussein Farouk

Body Traineer



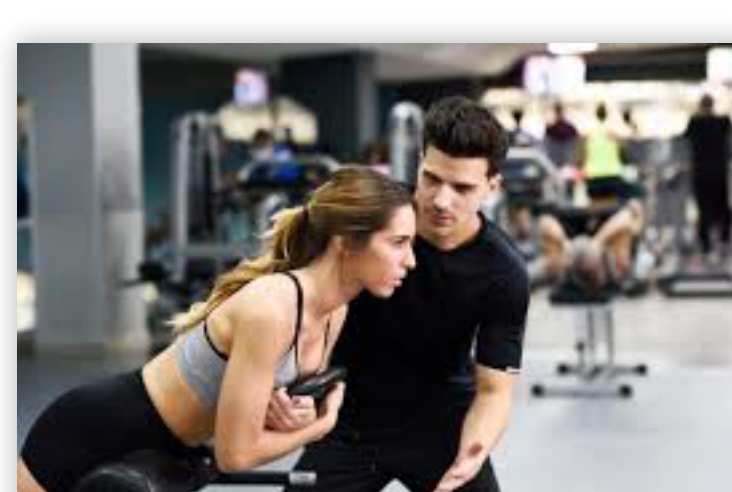
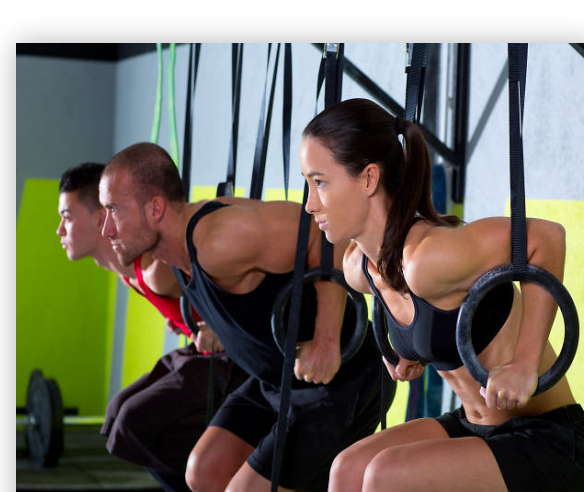
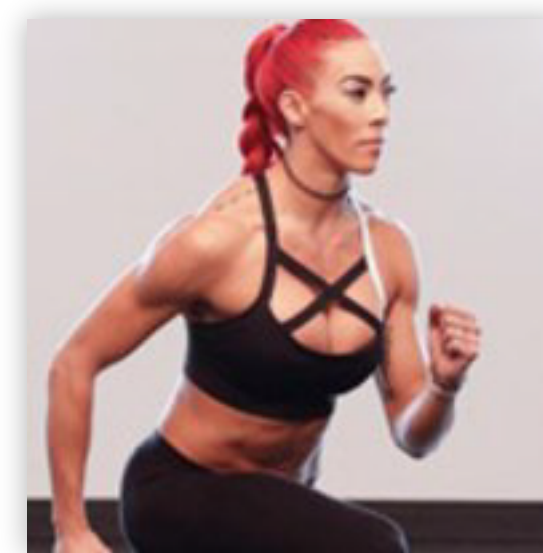
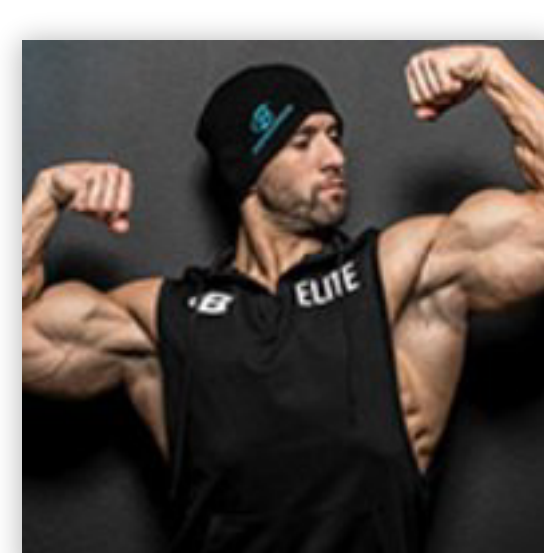
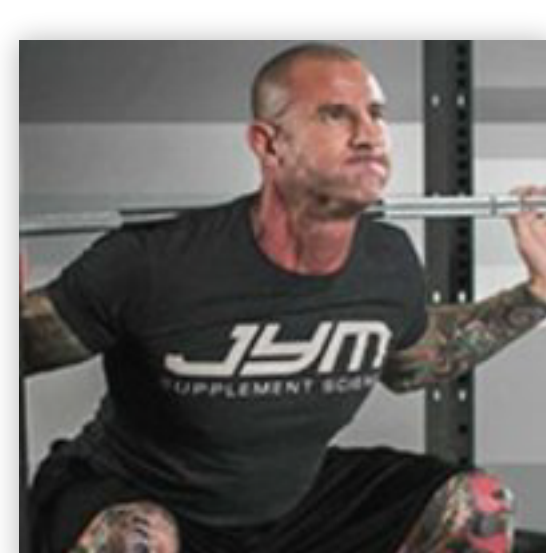
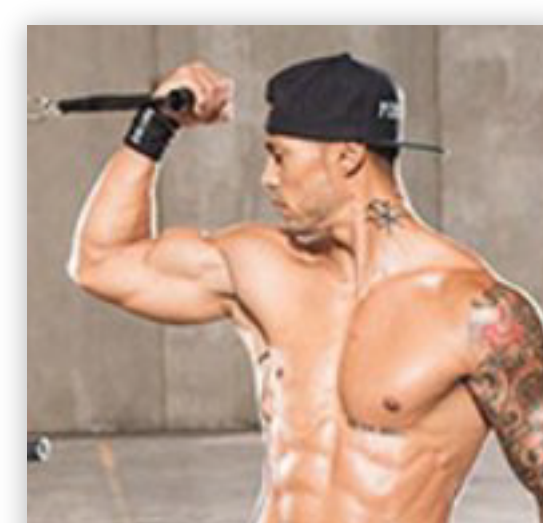
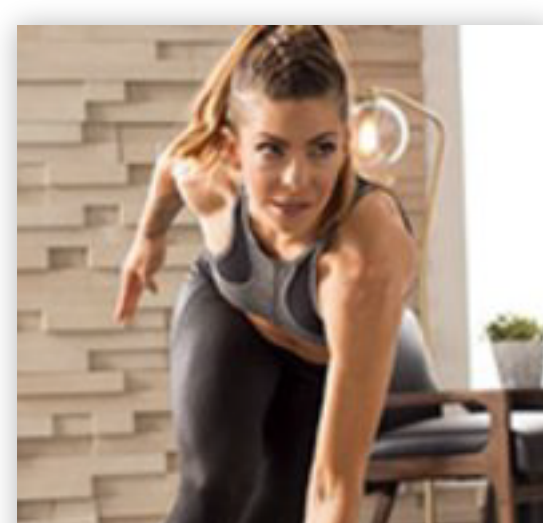
Yasmin Karachiwala

Traineer



Our Gallery

Popular group exercise classes- Zumba Dance, Power Yoga, Ashtanga Yoga, Indoor Cycling, Bollywood Dance, BLT, Kick Boxing, TRX Suspension Training, Abs Training, Upper Body Blast and Total Body Conditioning.



OUR PRICES

PLANS

Annual Plan

Monthly Plan

BASIC

₹ 1000 / Month

Daily 1 hour

Group Traineer

Diet Tips

Food Tips

[Details](#)

STANDARD

₹ 2000 / Month

Daily 2 hour

Personal Traineer

Diet Tips

Food Tips

[Details](#)

PREMIUM

₹ 3000 / Month

Daily Unlimited

Personal Traineer

Diet Tips

Food Tips

[Details](#)

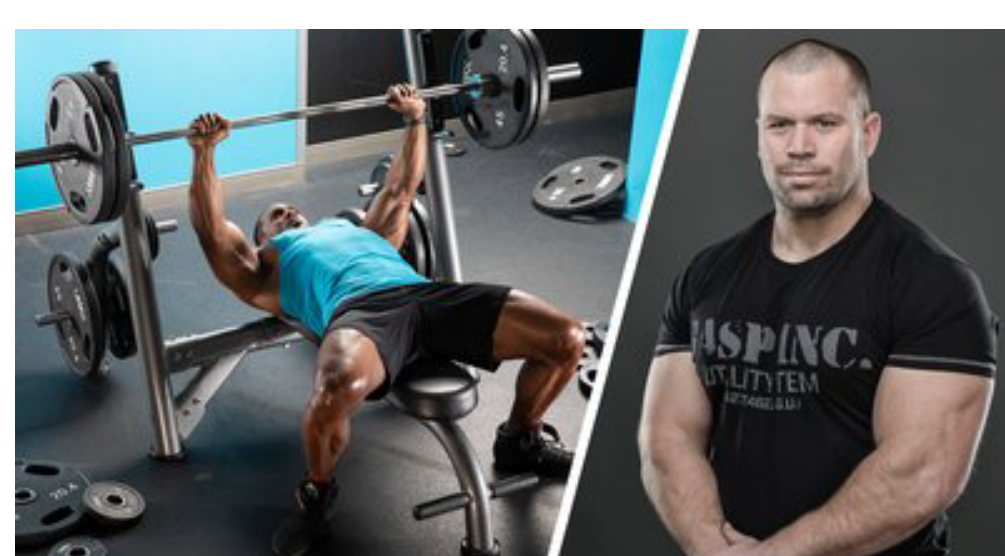
Newest Articles



SUPPLEMENTATION

The Complete Guide to Protein

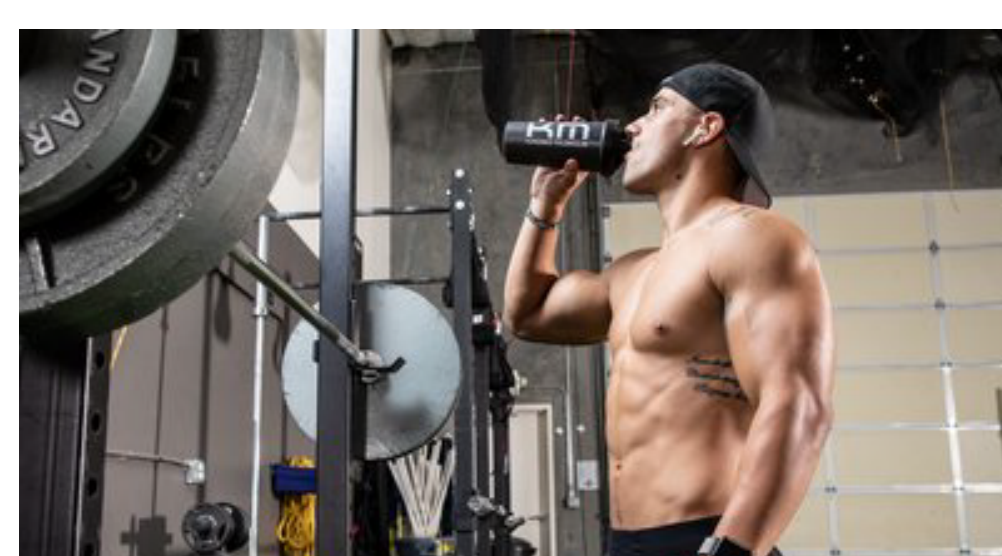
Get the real info about how much protein to eat, when to eat it, and the best high-protein foods. Whether you want to lose weight, build muscle, or just stay healthy, learn how it all starts with protein!



EXERCISE

Ask The Super Strong Guy: Is Leg Drive Important For A Good Bench Press?

The hardest part of a bench press is raising the bar off your chest. Good leg drive helps you move the bar until your strong pressing muscles can take over. Put together a leg drive bench press and prepare to break some old PRs.



SUPPLEMENTATION

What Lifters Need To Know About Essential Amino Acids

Meet the most important aminos not currently on your radar! These are the siblings of branched-chain amino acids who don't make the headlines, but should definitely make their way into your supplement arsenal.

[View All ..](#)

Our Clients



Hussein Farouk

Engineer

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Email Address

[SUBSCRIBE](#)

