

FITYEAR

Fityear is a 1-year guided fitness and nutrition program delivered fully online with personal support on WhatsApp.

**ONE YEAR
ONE PLAN
LASTING RESULTS**

4999/- 1 YEAR

CONTACT US!



**+91 87145 42365,
+91 80898 24209**

FITYEAR

PROGRAMMES

WEIGHT
MANAGEMENT

WEIGHT LOSS
WEIGHT GAIN

WOMAN'S
HEALTH

POSTPARTUM
PCOD/PCOS

MEDICAL
CONDITIONS

THYROID
CHOLESTEROL
DIABETES

CARDIO
PROGRAMS

HIIT CARDIO
LOW INTENSITY

PAIN
RELEIF

BACK PAIN
NECK PAIN
HEEL PAIN

POSTURE &
HOME

POSTURE-
CORRECTION
HOME WORKOUT

SERVICE

RECORDED
WORKOUT

PERSONAL
DIETITIAN
SUPPORT

PERSONAL
TRAINER
CHAT
AVAILABLE

DAILY
ATTENDANCE
TRACKING

BEGINNER
TO ADVANCE
LEVEL WORKOUT
AVAILABLE