



CONQUER.

Exercise should be regarded as tribute to the heart



A COMPLETE FITNESS HUB



ABOUT US

Jubaraj iron paradise was founded in 2021 as a family owned and operated business specializing in providing well-equipped fitness center for all members who are looking to make fitness an important regime of their daily lives. Welcome to [Jubaraj Iron Paradise], where fitness meets passion and dedication! We are not just a gym; we are a community committed to transforming lives through health and wellness.

At [Jubaraj Iron Paradise], we understand that your fitness journey is unique, and we are here to support you every step of the way. Whether you're a seasoned athlete or just starting on your fitness adventure, our state-of-the-art facilities and expert trainers are here to help you achieve your goals.

What sets us apart? It's our unwavering commitment to providing a positive and inclusive environment. We believe that everyone deserves the opportunity to lead a healthy and active lifestyle, and we are dedicated to making that a reality for our member.



Our gym is equipped with top-of-the-line fitness equipment, carefully curated workout spaces, and a variety of classes to cater to different fitness preferences. From high-intensity training to mindful yoga sessions, we have something for everyone. Our certified trainers are passionate about helping you reach your fitness potential and will provide the guidance and motivation you need.

But [Jubaraj Iron Paradise] is more than just a place to work out; it's a community of like-minded individuals who inspire and support each other. We host regular events, challenges, and social gatherings to foster connections and make your fitness journey enjoyable.

Join us at [Jubaraj Iron Paradise] and be part of a fitness family that believes in the power of community, dedication, and a healthy lifestyle. Your journey to a stronger, fitter, and happier you start here!





FEES STRUCTURE

DURATION / PACKAGE

One Month + Admission Fee	₹ 3700/-
Three Month	₹ 6300/-
Six Month	₹ 9700/-
One Year	₹ 15,000/-
Personal Training	₹ 8,000/-

TIMINGS : (MONDAY - SATURDAY)

MORNING : 6 AM TO 10 AM

EVENING : 4 PM TO 10 PM





ZUMBA

FITNESS

OUR SERVICE

ZUMBA STEB FITNESS

STABILITY BALL

CORE PILATES

ZUMBA CIRCUIT

ZUMBA TONING

PLATE BY ZUMBA

MONDAY, WEDNESSDAY, FRIDAY

MORNING : 7.00 am to 8.00 am / 8.30 am to 9.30 am

EVENING : 6.00 pm to 7.00 pm

FEE STRUCTURE

DURATION **AMOUNT**

ADMISSION = 2000\-

MONTHLY = 1200\-

FIXED RATE

OUR SERVICES

YOGA AND STRETCHING

Yoga is a holistic approach to physical, mental, and spiritual well-being that originated in ancient India. It involves a combination of physical postures (asanas), breath control (pranayama), meditation, and ethical principles.

Benefits :- Flexibility, Strength, Stress Reduction, Balance and Coordination- Posture Improvement.



STRETCHING

Stretching involves the deliberate lengthening of muscles to improve flexibility, joint range of motion, and overall muscle function.

Benefits :- Flexibility, Injury Prevention, Muscle Recovery, Improved Circulation, Enhance, Performance



HIIT TRAINING (HIGH-INTENSITY INTERVAL TRAINING)



HIIT involves alternating short bursts of intense exercise with brief periods of rest or lower-intensity activity. It's a powerful and efficient way to boost your cardiovascular fitness, burn calories, and build strength in a relatively short amount of time."

Benefits :- Calorie Burning, Improved Cardiovascular Health, Fat Loss and Muscle Preservation

CROSSFIT



A dynamic and effective fitness program that combines elements of strength training, cardio, and functional movements. Whether you're new to CrossFit or a seasoned athlete, this program is designed to help you achieve your fitness goals in a supportive and challenging environment.

Benefits :- Increases Strength and Power, Enhances Flexibility and Mobility, Develops Agility and Coordination, Promotes Weight Loss and Body Composition, Community and Social Connection.

POWERLIFTING

Powerlifting is a strength-based sport that involves three primary lifts: squat, bench press, and deadlift. The objective is to lift as much weight as possible in each of these movements. This sport is distinct from bodybuilding, as the emphasis is on maximal strength rather than aesthetics. It is important for individuals to receive proper coaching and adhere to safety guidelines to prevent injuries during powerlifting training.

Benefits of Powerlifting: Strength Development, Body Composition, Increased Bone Density, Mental Toughness.



CORE STRENGTH

Core strength is a crucial component of overall fitness, and it refers to the strength and stability of the muscles in your torso, including the abdominals, obliques, lower back, and deep stabilizing muscles.

Benefits :- Foundation of Movement, Posture Improvement, Enhanced Athletic Performance, Functional Fitness, Balance and Stability, Better Breathing

FLEXIBLE STRENGTH



Strength training is a form of exercise that focuses on building and improving muscular strength and endurance. The primary goal of strength training is to increase the force that muscles can generate, leading to enhanced overall physical performance and functionality.

Benefits:- Burns calories efficiently, Boosts your self-esteem, Promotes greater mobility and flexibility.

ZUMBA

Zumba is a dynamic and energetic fitness program that combines dance and aerobic elements with infectious, Latin-inspired music. It's designed to be a fun and effective way to get fit while enjoying a party-like atmosphere.

Benefits:- Cardiovascular Fitness, Calorie Burning, Full-Body Workout, Improved Coordination and Balance, Social Interaction, Enhanced Flexibility, Mood Boost, Increased Energy Levels.





MEET OUR TEAM OF EXPERT TRAINERS

At Jubaraj Iron Paradis, we believe in providing the highest quality of fitness training to help you achieve your goals. Our team of experienced and certified trainers is dedicated to guiding you on your fitness journey. Get to know them below:

1. Didar Hussain Laskar

Credentials: Mr. East India Runner's Up 2007, Mr. North East (Body Building) 2006, Mr. Barak 5 Times, Mr. D. S. A. 2 Times.

Experience: 36 running Years of experience in the fitness industry

Specialization: Skilled in Powerlifting, CrossFit, and Bodybuilding and has Experience with various fitness equipment and techniques, including free weights, resistance machines, and cardiovascular exercises, Skilled in conducting fitness assessments and tracking client progress, Strong understanding of nutrition and dietary principles to complement fitness programs

Philosophy: Provide one-on-one personal training sessions to clients of all fitness levels, focusing on strength training, cardiovascular conditioning, flexibility, and overall wellness , Led group fitness classes, including strength training, Crossfit, and circuit training, for participants of varying fitness levels

2. Rippon Barbhuiya Sahi

Experience: 11 running Years of experience in the fitness industry, Bangalore RMZ infinity gold gym 2 years' experience, Bangalore Max Fitness gym 3 years.

Philosophy: Participated in promotional events and community outreach activities, Motivated class participants to push beyond their limits and achieve their fitness goals , Demonstrated proper exercise form and provided modifications to accommodate individual needs and abilities

Specialization: Skilled in Powerlifting , and Bodybuilding, Extensive knowledge of exercise Assisted with gym orientations and provided guidance on equipment usage and basic exercise principles, Monitor client progress and make necessary adjustments to training programs to ensure continued improvement

3. Shiuli Nath

Credentials: Secured 2nd prize in Barak Valley Cup Yoga Competition, Secured 2nd prize in Barak Valley Yogasana Sports Championship, Participated at (Kolkata) Bangiya Sangeet Kala Kendra at 2022, Participated Twice at National road safety week-2023, Participated at DSA Annual Physical Festival 2020-21, Participated at District Level Celebration of the 72nd Republic Day, 2021 at Police Parade Ground Silchar, Has participated as Black convenor in International Yoga Day on 2020 by(INO) Govt of India

Specialization: Proficient in various yoga styles, Excellent communication and interpersonal skills, Conducted yoga teacher training workshops and mentored aspiring instructors, Created sequences that emphasized strength, flexibility, and relaxation

Experience: 9 Years running experience in the fitness industry

Philosophy: Strong understanding of yoga philosophy, anatomy, and alignment principles, participated in community outreach programs and events to promote yoga and wellness, Collaborated with studio management to develop class schedules and marketing initiatives.

4. Pratiksha Paul

Credentials: Participated at 2nd Open National Yoga Championship 2015 An International Yoga Meet Participated at National sport day "Kreeda Bharti" secured title Yogasundari, Participated at Yogasana Competition & Physical test and winnig the yoga Demonstration prize, Participated at Yoga Vjanana Mahavidyalaya silchar yoga competition Secured 1st , Participated in the Brak Valley Yogasana Competition 2016 and won 1st prize in group c.

Specialization: Skilled in providing hands-on adjustments and modifications to ensure safety and proper alignment , Passionate about promoting physical and mental well-being through yoga practice, Cultivated a positive and supportive class environment conducive to personal growth and self-discovery

Experience: [2 years of teaching experience, National yoga championship participant, District yoga championship and 11 years of course experience]

Philosophy: Passionate about fostering a supportive and inclusive yoga community, Led group yoga classes for students of all levels, Provided personalized guidance and modifications to meet individual needs and abilities ,Conducted yoga teacher training workshops and mentored aspiring instructors

5. Bimal Sinha, (Zumba Trainer)

Credentials: Has qualified for studio round in Delhi of "Dance India Dance Doubles", Has successfully completed The RIA certification course and has been a certified trainer as REEBOK FITNESS TRAINER, Has been certified as a licensed official Zumba Instructor, has been certified a licensed Doonya Instructor "The Bollywood workout, Step Reebok Trainer, Reebok Martial Arts, Reebok Core Pilates, Reebok Stability Ball .

Experience: [13 Years running experience in the fitness industry, FITNESS TRAINER FITNESS TRAINER | GOLD'S GYM MAHANAGAR | 2014-2015, As Zumba Fitness Class Aerobics Group Fitness

FITNESS TRAINER SNAP FITNESS, ASHIYANA 2015, As Zumba Fitness Class

FITNESS TRAINER | OLYMPIA, MUNSHIPULIYA | 2011-2012, As Aerobics Group Fitness Class

FITNESS TRAINER | MUSCLES CYM INDIRANACAR | 2010-2013, As Aerobics Group Fitness Class

Philosophy: [Invited to Conduct workshops at Sahil Steps, Kota Rajasthan, education about Fitness with Zumba & Aerobics, Conducted workshop at Metabolix gym Delhi Hip Hop dance workshop , Conducted workshop at Sports Fit Dwarka Delhi Valentine special Zumba classes

Outdoor Activities : #HINDUSTANMASTIMARG, LUCKNOW, HAPPYSTREET , #LUCKNOW, #LUCKNOWHALFMARATHON 2016. #WORLD DIABETICDAY, 2016

WHY CHOOSE JUBARAJ IRON PARADISE TRAINERS?

Expertise:

Our trainers are highly qualified and experienced professionals in their respective fields.

Personalized Approach:

We tailor our training programs to meet your individual needs and goals.

Motivation and Support:

Our trainers are here to motivate and support you every step of the way.

Proven Results:

We have a track record of helping our clients achieve remarkable results.

READY TO START YOUR FITNESS JOURNEY?

Contact us today to schedule a session with one of our exceptional trainers!

RULES

Rules and regulations

- 1) The respected members are required to pay their monthly subscription on or before the due date as per the monthly session. On failing which there will be liable to unpleasant decisions
- 2) All the remuneration or subscription are non-refundable
- 3) Authority shall have every right to claim the compensation or loss incurred due to damage /mishandling/misbehaviour to gym property
- 4) The authority shall not be liable for any claims or losses for the misplaced /lost of any belongings of the members. So, you are advised to take care of your personal belongings
- 5) Admissions of the members shall be officially acceptable for one training session and shall be renewed periodically
- 6) Children under 18 years must be accompanied by an adult
- 7) Chewing PAN/TOBACCO/GUTKHA, Smoking CIGARETTE & Drinking ALCOHOL is NOT ALLOWED inside the GYM ROOM as well GYM premises
- 8) All members and guests must sign in at the reception desk upon entering the gym
- 9) Members must be appropriately attired in standard workout clothes (i.e., leotards gym shorts, jogging suits) while in exercise areas. Foot covering (i.e., sports shoes) must always be worn in all exercise areas and the entire gym. Socks and sandals are not allowed. Street shoes are not allowed
- 10) Return weights to proper racks when finished. Have a "spotter" when using heavy weights. No dropping weights. No littering or leaving debris on the gym
- 11) Any member who is loud, offensive, and bothersome to other members or behaves otherwise in an unbecoming manner or who is cited for an infraction of rules and regulations may be suspended or expelled from the gym organization. In the event of termination, the unused portion of any advanced payment shall be forfeited to the gym.
- 12) Members can carry out their own workout patterns at their own risk. Management is not responsible for any accidental damage caused due to unadvised exercise routine
- 13) Members should not indulge In any such act that goes beyond the socially acceptable norms and regulations
- 14) (JUBARAJ IRON PARADISE) Authority reserves the right to immediately terminate your use of, or access to, this Site at any time if Authority decides at its sole discretion that you have breached this Agreement or any relevant law, rule or regulation or you have engaged in conduct that Authority considers being inappropriate or unacceptable. In such an event, Authority reserves the right to take appropriate legal action against you.



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