



REJUVENATION
FITNESS PVT. LTD.

INDIA'S NO.1
FITNESS COMPANY

 rfg.co.in

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Founders & Directors

Rejuvenation Fitness Group & Rejuvenation Fitness Pvt. Ltd.

Mr. J K Francis
Mr. Praveen M
Mr. Samjith Gopal
Mr. Abhishek Aggarwal

J. K. Francis, Founder of **Rejuvenation Fitness Group (R.F.G) & Rejuvenation Fitness Pvt. Ltd.** is a Senior Personal Fitness Trainer with over 24 years of experience. His articles are commonly published in leading newspapers like The Hindustan Times and The Times of India. He has been trained and certified by The Sports Authority of India in sports and physical fitness. He is also a national level Volleyball player & a keen sportsman.

He is the soul of RFG. He along with other directors, advisors, coaches and with a band of committed, well trained and highly experienced fitness trainers, have trained more than thousands of clients and helped them to be fit and lead a healthy life. R.F.G has wide variety of exercise programs, which are fun to participate in and are 100% result oriented.

R.F.G's clients include CEOs, doctors, top industrialists, bureaucrats, filmstars, politicians, sports personalities as well as homemakers, young people and children. At RFG we have a perfect package to suit individual needs for achieving desirable results.

Stay Fit, Feel Good!

WHY RFG?



- India`s No. 1 Personal Fitness Training Team.
- Having over 20 years of experience in fitness industry, since 2001.
- One of the largest sports and recreational team in the world with 225 trainers.
- Police verification and background check done trainers.
- Starting with new clients everyday.
- Serving more than 2500 clients at present.
- Specific training programs that are tailored to you.
wide range of exercise programs.
- Variety workouts with the same trainer.
- Having best doctors, dietitians and fitness experts as advisors.
- Maximum ★★★★★ 5 star ratings and positive client reviews.





TEAM RFG 2023

INDIA'S NO.1 PERSONAL FITNESS
TRAINING TEAM



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