



INDIA'S NO.1
FITNESS COMPANY

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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 as the soul of RFG, 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 300 trainers.
- Police verification and background check done trainers.
- Starting with new clients everyday.
- Serving more than 3000 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.





OUR VISION

To promote the importance of exercises & fitness with highly trained & experienced trainers. RFG encourages youngsters to take up the training profession by providing job opportunities, intense theory as well as practical sessions for over an year followed by regular upgradation sessions.



OUR MISSION

Our mission is to improve the health & wellness of people around the globe by providing the best training and high quality fitness consultancy so that they stay fit, happy & healthy.



FROM THE DIRECTORS

As Gandhi Ji said, Your health is your ultimate wealth, not pieces of Gold & Silver.

So before investing in Stocks, Mutual funds or Gold & Silver, invest in your health & wellness which is your ultimate wealth which will give you maximum returns.



TEAM RFG

INDIA'S NO.1 PERSONAL FITNESS
TRAINING TEAM



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