

From couches to crunches, BookMyShow brings over 50 of India's best fitness trainers for #StayFitIndiaChallenge

With fitness experts like Shilpa Shetty Kundra, Vinod Channa and centres like Cult.Fit, Diva Yoga and Physique57 amongst others on board, the fitness program will be home to over 500 virtual sessions across multiple verified fitness categories

Get Moving From
COUCHES TO CRUNCHES.

7 Days | 500 Virtual Sessions

Join the **#StayFitIndiaChallenge**
9th to 15th April.

LIVE STREAMING

REGISTER NOW

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National, April 8, 2020: Eat. Sleep. Binge watch. Repeat.

If this schedule has been your only companion during the lockdown and the worry of maintaining your health got you opening fitness and wellness pages restlessly, fear not! It's time to take a deep breath, tie those shoe laces, step on the mat and get ready to sweat it out! BookMyShow, India's leading entertainment destination, brings together more than 50 professional trainers from across the country for the first-of-its-kind virtual fitness initiative - #StayFitIndiaChallenge.

Starting April 9th (Thursday), the seven-day program will host more than 500 virtual sessions by verified fitness and wellness experts, across various streaming platforms in over 10 fitness disciplines including Functional Training, Pilates, Yoga, Zumba, Calisthenics, Bodyweight Training, Crossfit and Strength & Conditioning amongst others. The sessions, curated and presented by well-known trainers such as Shilpa Shetty Kundra and Vinod Channa as also fitness and wellness studios like Cult.Fit, Orange Theory, Physique57, Mind.Fit and Diva Yoga amongst several other individuals and studios, will feature levels ranging from 'beginners' to 'professional' and offer a wide range of at-home workouts.

Fitness enthusiasts from across the country can enrol for an unlimited number of sessions across multiple disciplines, from a power-packed schedule of the best fitness experts. The sessions will be held between 7 AM to 8 PM, every day and users can register for these classes on the BookMyShow website and app.

Check out the complete schedule for #StayFitIndiaChallenge here – <https://bit.ly/2V9PDwi>

Stay safe as you shed those worries and some extra kilos, all at home!

About BookMyShow

Launched in 2007, BookMyShow, owned and operated by Big Tree Entertainment Pvt Ltd, is India's leading entertainment destination and the one-stop shop for every out-of-home entertainment need. The firm is present in over 650 towns and cities in India and works with partners across the industry to provide unmatched entertainment experiences to millions of customers. Over the years, the company has evolved from a purely online ticketing platform for movies across 6,000 screens, to end-to-end management of live entertainment



events including music concerts, live performances, theatricals, sports and more, all accomplished at par with global standards.

BookMyShow has also built India's largest organic reviews and ratings engine for movies and has driven technology innovations, such as the m-ticket and Movie Mode, impacting tens of millions of users and the industry at large. With continued support from investors including TPG Growth, Stripes Group, SAIF Partners, Accel and Network18, BookMyShow is invested in providing the best user experience, whether on ground or online. Demonstrating category leadership, BookMyShow has grown beyond India with operations in Dubai, Indonesia, Sri Lanka and Singapore amongst others. The Mumbai-headquartered company counts Ticket Green, Eventifier, Fantain, Masti Tickets, Townscript and Burrp amongst its key investments in the sector. BookMyShow is also committed to society at large, by way of its charity initiative BookASmile, which provides entertainment experiences to the underprivileged. For more information, please visit www.bookmyshow.com

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