Talwalkars Better Value Fitness Ltd.
Regd. Off.: 801/813, Mahalaxmi Chambers, 22, Bhulabhai Desai Road, Mumbai 400 026.
Tel.. 6612 6300. Fax: 6612 6363. Website: www.talwalkars.net CIN: L92411MH2003PLC140134

Talwalkars™
Spreading fitness since 1932

Date: 31st December, 2015

To,
The Manager
Listing /Compliance Department,
BSE Ltd.
Corporate Service Department
Phiroze Jeejeebhoy Towers,
Dalal Street, Mumbai - 400 001.

To,
The Manager
Listing/Compliance Department,
National Stock Exchange of India Ltd.
Exchange Plaza, Plot No. C/1,
G Block, Bandra-Kurla Complex,
Bandra (East), Mumbai - 400 051.

Dear Sir,

Re: **Talwalkars Better Value Fitness Limited; Scrip Name: TALWALKARS; Scrip Code: 533200.**

Sub: **Talwalkars announces New year Scheme.**

We would like to inform the Exchange that Talwalkars Better Value Fitness Limited; the largest fitness chain in India with 159 gyms across 84 cities announces New Year – Happy New you, 2016 scheme.

Kindly take the same on records and acknowledge the receipt of the same.

Thanking You.

Yours faithfully,

For **Talwalkars Better Value Fitness Limited**

Avanti Sankav
Company Secretary

TALWALKARS BETTER VALUE FITNESS LTD. MUMBAI

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Kick-start 2016 & Meet the Happy-New- You with Talwalkars New Year offers

Losing weight and getting fit are some of the most common New Year's Resolutions but is just as easily broken too. A little extra motivation can be just what you need to kick-start your new resolution and stick to your fitness goal. Talwalkars New Year schemes offer you an opportunity to begin your fitness journey in 2016 to secure your future with healthy life.

Talwalkars Better Value Fitness, the leading fitness brand of the country launched it's New Year offer for the fitness enthusiasts. So if you have a fitness goal to achieve, a desire to have a fit body and are determined to shed those extra kilos - then get on the road to fitness, for this is the perfect time to vow to lose weight.

Mr. Prashant Talwalkar, Managing Director & CEO, Talwalkars Better Value Fitness Ltd. *says,* "Over the years, we have seen that getting in shape just before the New Year is a key consumer insight. We do hope with Talwalkars New Year offers our consumers will be able to achieve their fitness goals and stick to the New Year resolution of staying fit. With our New Year membership offers, Talwalkars will help you make real changes. Experience fitness this season and let the experts at Talwalkars guide you on the right fitness track"

Setting right goals is an excellent way to ensure you stay on track and take a pledge to lead a fit lifestyle. Commit to fitness this New Year – with Talwalkars New Year Scheme.

Health conscious consumers who are looking to create a positive change in their lives can send a **SMS with FIT to 53636 or register on www.talwalkars.net or call 022- 66553636 for an appointment today!** You can also like us on www.facebook.com/TalwalkarsIndia or follow us at www.twitter.com/myTalwalkars for more details today! These offers are branch specific and is valid from 21st December to 20th January 2016.

TALWALKARS BETTER VALUE FITNESS LTD. ★ MUMBAI

About Talwalkars Better Value Fitness Ltd. (TBVFL)

TBVFL India's largest fitness chain with over 159 gyms across 84 cities, (India + Srilanka) offering a diverse set of services including gyms, spas, aerobics and health counseling under the brand 'Talwalkars' to an active member base of over 1,25,000 members. Having developed the infrastructure for offering gym facilities across the country Talwalkars is now leveraging this reach to launch several initiatives that offers other fitness alternatives to enthusiasts. It recently launched NuForm studios in Mumbai which are designed to provide twenty minutes a week fitness solution using Electro Muscular Stimulus technology imported from Germany. The launch of Zumba® Fitness is another move towards widening its consumer base while using the team and infrastructure it already has in place, thereby seeking to consolidate its position as the leader in the fitness industry in India. With the launch of Reduce, Talwalkars aims at helping consumers achieve their fitness goals. Reduce is a complete weight loss solution that's easy, healthy and is designed keeping in mind the busy schedule of the consumers.
Talwalkars has pioneered the concept of gyms in India, with their first gym being set up in Mumbai in 1932 by late Shri Vishnu Talwalkar. Madhukar Talwalkar further carried on the legacy and today the brand Talwalkars is synonymous with the word fitness across India. The brand 'Talwalkars' has been in an expansion mode by setting up gyms across the country, cities as diverse and spread out as : Aligarh, Aurangabad, Bareilly, Bhavnagar, Bhopal, Dehradun, Jamshedpur, Hubli, Kolhapur, Kolkata, Nashik, Moradabad, Panchkula, Sangli, Surat, Solapur, Rajkot, Ranchi, etc. have been covered.

TBVFL was listed on the BSE and NSE in May 2010 and is the first fitness company to be listed on the Indian stock exchanges.

Please call for more information:
Hiral Shah – Corporate Communications Manager
Contact No: 9819637300
Email id – hirals@talwalkars.net
Talwalkars Better Value Fitness Ltd.

