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: 29th May, 2015

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

To
Mr. Wilbur Fernandes / Mr. Troydon Bird,
The Manager
BSE Limited
Corporate Service Department
Phiroze Jeejeebhoy Towers,
Dalal Street, Mumbai - 400 001.

Dear Sirs,

Re: **Talwalkars Better Value Fitness Ltd.; Scrip Name: TALWLAKARS; Scrip Code: 533200.**
Sub: **Intimation of new Health Clubs at SoBo (Nariman Point, Mumbai).**

We would like to inform the Exchange that Talwalkars Better Value Fitness Ltd., India's largest fitness chain has opened its health club at SoBo (Nariman Point), Mumbai.

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

Thanking You.

Yours faithfully,
For **Talwalkars Better Value Fitness Limited**

Vinayak Gawande
Whole-time Director

TALWALKARS BETTER VALUE FITNESS LTD. ★ MUMBAI

Talwalkars
Spreading fitness in over 70 cities

Talwalkars now in SoBo (Nariman Point) the business hub of Mumbai

Mumbai, May 29, 2015: The brand 'Talwalkars' has been in an aggressive expansion mode since its IPO in May 2010. Talwalkars last year reached the significant number of 150th gym and now its health club in the business hub at SoBo (Nariman Point) has opened on 28th May, 2015. Over the past years, 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.

The health club offers all the services/facilities that the brand Talwalkars is known for and is furnished with world class equipments making it a one stop destination for all the fitness enthusiasts. Members can avail and enjoy facilities like Complete Health Club Facilities (CHCF), Reduce (the complete Weight Loss Programme) and Transform.

The health Club also provides facilities like full cardio section and a dedicated strength and weight training zone. Much more with internationally qualified fitness trainers who will customize programs with state-of- the-art equipments and help the members achieve their fitness goals. There is a dedicated Nutrition team of experts who are highly trained and acclaimed in the health & fitness fraternity. These experts will offer an extraordinary customer experience, training & support to all the members in a friendly, nurturing and supportive atmosphere.

"On this remarkable occasion, I would like to thank all investors, members and Team Talwalkars all over the country who have embraced brand Talwalkars and with their support we expect to continue expanding at an increasing pace with our regular Talwalkars Health Clubs in the coming fiscal", **says Mr. Prashant Talwalkar, Managing Director and CEO, Talwalkars Better Value Fitness Ltd.**

Health conscious consumers who are looking to create a positive change in their lives can send SMS with FIT to 53636 or call 022- 66553636 for more details! You can also like us on http://www.facebook.com/TalwalkarsIndia or follow us at https://twitter.com/myTalwalkars and join us on www.youtube.com/TalwalkarsHO or visit us on www.talwalkars.net for more updates!

TALWALKARS BETTER VALUE FITNESS LTD. MUMBAI

Notes to Editor

About Talwalkars Better Value Fitness Ltd. (TBVFL)

TBVFL India's largest fitness chain with over 152 gyms across 80 cities, offering a diverse set of services including gyms, spas, aerobics and health counseling under the brand 'Talwalkars' to an active member base of over 1,45,000 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. It issued 60, 50,000 shares at a price of Rs. 128 per share.

For more information, visit www.talwalkars.net
Please call for more information
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