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: 2nd May, 2014

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 achieving the milestone of opening 150th gym**

The brand 'Talwalkars' has been in an aggressive expansion mode since its IPO in May 2010. In fiscal 2013-14, 14 new health clubs have come up across the country. Talwalkars has just reached the significant number of 150th gym with the opening of its Vile Parle branch in Mumbai on the auspicious occasion of Akshaya Tritiya today.

We attach herewith press release for your perusal.

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

Thanking You.

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

Vinayak Gawande
Whole-time Director

TALWALKARS BETTER VALUE FITNESS LTD. MUMBAI

Encl: a/a.

Talwalkars
Spreading fitness in over 70 cities

Talwalkars achieving the milestone of opening 150th gym

Mumbai, May 2, 2014: The brand 'Talwalkars' has been in an aggressive expansion mode since its IPO in May 2010. In fiscal 2013-14, 14 new health clubs have come up across the country. Talwalkars has just reached the significant number of 150th gym with the opening of its Vile Parle branch in Mumbai on the auspicious occasion of Akshaya Tritiya today. 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), Steam, Weight Management etc. They can also indulge in soothing massages and try functional training forms like aerobics, spinning, and kettle bell, kick boxing and TRX all under one roof.

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.**

Mr. Amit Sawant, Head, (Marketing & Communication) at Talwalkars Better Value Fitness Ltd. "We are very excited with the launch of our 150th gym in Vile Parle, Mumbai. We aim to encourage those who have never exercised before, and provide an affordable and flexible option for those who do."

TALWALKARS BETTER VALUE FITNESS LTD. MUMBAI

Health conscious consumers who are looking to create a positive change in their lives can send SMS with FIT to 53636 or call 022- 33710100 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!

Notes to Editor

About Talwalkars Better Value Fitness Ltd. (TBVFL)

TBVFL India's largest fitness chain with over 149 gyms across 78 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 1,25,000 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 toprovide 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
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