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: 8th November, 2016

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

To,
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 opens 20 gyms in Bengaluru**

Talwalkars Better Value Fitness Limited (TBVFL) is among the largest fitness chains with 178 gyms across 85 cities in India and Sri Lanka, offering a diverse set of services including gymming and fitness, Zumba® programme, Zorba – the yoga, Nuform (time-efficient weight loss programme) and Reduce (diet-based programme), among others to an active member base of over 1,80,000 members. The company's fitness centres operate under four major formats – Talwalkars, PWG, HiFi (budget format located in non-metros) and Zorba – the yoga studios.

TBVFL currently controls ~40% of the organized market in the Indian fitness industry. The company is among the leading players in 8 of 10 top cities in India. We are inaugurating 20 gyms across the length and breadth of Bengaluru on a single day. **All these gyms are being setup in the flagship company Talwalkars Better Value Fitness Ltd which is listed**. These gyms will be set up under the brand Power World Gym, a brand which TBVFL hold jointly with its partners in Sri Lanka, We do not think there is any historical precedence anywhere in the world, where 20 gyms were opened on a single day.

These new 20 gyms are in addition to the five gyms in Bengaluru. These 20 gyms will introduce circuit training programmes which help in rapid weight loss in an economical and sustainable way. With 25 gyms across Bengaluru we become among biggest players in this business and citizens of all walks of life will be able to get the benefit of availing services anywhere in the city.

Thanking You.

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

Avanti Sankav
Company Secretary