

About Us

We train clients in Mat Pilates , Reformer Pilates ,Battle Rope, Trx Workout, Functional Training, Swissball Training, Cross Fit and Endurance Training, Kick Boxing, Weight Training and Core Strength Workout, Medicine Ball Workout and much more !!

All our trainers are certified k11 and balanced body Pilates instructors who have been trained under guidance of Yasmin Karachiwala .

Our services

- Pilates
- Strength Training
- Functional Training
- Cardio
- Kickboxing



YASMIN KARACHIWALA BODY IMAGE



BCC House Ground Floor, 8/5, Manoramaganj, Main Road,
Navratan Bagh, Indore 📞 +91 78696 83923 +91 98931 23027

WE ARE OPEN MONDAY TO SATURDAY
MORNING 7 AM - 1 PM EVENING 5 PM - 8 PM

Our Gallery



Yasmin's Body Image trains people from all walks of life, with Yasmin and her group of certified trainers helping people set realistic goals. We want to help you feel great and look your very best. That is our goal.



What We Offer
Latest cardio machines, Modern strength and pilates equipment, Certified trainers, free Diet and nutrition advice.



With YKBI, your health comes first. Stay healthy and live confidently.

Feedback & Reviews

Ambar Londhe

YKBI is amazing, equipments are good and great environment. Staff is friendly and trainers are experienced they have a good knowledge. This studio and gym is comfortable for everyone from beginners to professional to train it.

Meghna Kaurani

High quality; diverse group classes; equipments in good condition always; trainers are highly experienced; people are nice to one another like a friendly community - highly recommend this studio for pilates.

Jinal Amin

I have been going there for Pilates and I really love it. Everyone at the studio is extremely helpful and welcoming. It's the best place for Pilates. Definitely recommend it for all Pilates and Fitness enthusiasts.

FUNCTIONAL TRAINING (GROUP)

1 MONTH

4 SESSIONS - RS 1600/-

8 SESSIONS - RS 2400/-



KICKBOXING (GROUP)

1 MONTH

4 SESSIONS - RS 2600/-

8 SESSIONS - RS 4400/-

PRICE LIST



PERSONAL TRAINING (GYM)

1 MONTH

8 SESSIONS - RS 6400/-

12 SESSIONS - RS 9000/-

20 SESSIONS - RS 14000/-

3 MONTHS

24 SESSIONS - RS 15600/-

36 SESSIONS - RS 21600/-

60 SESSIONS - RS 33000/-

6 MONTHS

48 SESSIONS - RS 28800/-

72 SESSIONS - RS 36000/-

120 SESSIONS - RS 48000/-

PERSONAL TRAINING PILATES



1 WORKOUT - RS 1800/-

1 MONTH

8 SESSIONS - RS 12800/-

12 SESSIONS- RS 18000/-

3 MONTHS

24 SESSIONS- RS 33600/-

36 SESSIONS - RS 46800/-



GROUP PILATES



1 WORKOUT - RS 1000/-

1 MONTH

8 SESSIONS - RS 6000/-

12 SESSIONS - RS 8000/-

3 MONTHS

36 SESSIONS- RS 21000/-

72 SESSIONS - RS 35000/-

12 MONTHS

144 SESSIONS - RS 55000/-

DUET TRAINING PILATES



1 WORKOUT - RS 1500/-

1 MONTH

8 SESSIONS - RS 19200/-

12 SESSIONS- RS 24000/-

3 MONTHS

24 SESSIONS - RS 43200/-

36 SESSIONS - RS 54000/-





HAPPY HOUR GYM RATES



1 MONTH
Rs. 2000/-

3 MONTHS
Rs. 4500/-

6 MONTHS
Rs. 6000/-



GYM TIMINGS
12 PM - 5 PM
ONLY



See if you're eligible,
plus how to save :

*Selected
customers can
access exclusive,
additional
savings
everyday through
our discount
programs.*

Special
DISCOUNT

COUPLES DISCOUNT
15%

STUDENT DISCOUNT
20%

SENIOR DISCOUNT
(FOR AGES 50+)
25%

REFERRAL DISCOUNT
(ON YOUR NEXT PACKAGE)
25%

FAMILY DISCOUNT
(MINIMUM 5 MEMBERS
FROM A FAMILY)
30%

*TERMS & CONDITIONS APPLIED



What is Pilates ?

Pilates is a type of exercise that focuses on improving flexibility, strength, & body awareness through controlled movements.

Is Pilates mainly for women ?

Far from it. Pilates, after all, was invented by a man, Joseph Pilates, originally for his own benefit – and was only later adapted for women.

Men, what's more, tend to be less flexible than women, and so to need Pilates even more.

Benefits of Pilates ?

- A stronger, healthier back
- A more toned, mobile and flexible body
- A leaner, longer look
- A flatter stomach
- Better posture & coordination
- Injury prevention and rehabilitation
- Relief from stress

Who can benefit from Pilates?

- The middle-aged & elderly
- The desk-bound & inactive
- The pregnant & post-natal
- Those needing pre & post-operation strengthening
- Those referred by their doctor, physio, osteopath, chiropractor or other practitioner

And for those who suffer...
Back pain, back problems,

Scoliosis/curvature of the spine, Poor posture and rounded shoulders, Neck & shoulder pains, Stiffness, joint pains, muscle pains & people with sports injuries.

Is Pilates like yoga?

Both Pilates and yoga are low-impact exercises, but there is one important difference. When practicing yoga, you typically adopt a position and hold it, or flow into a different position. In Pilates, you adopt a position and then challenge your core by moving your arms or legs.

When can I expect to see results ?

Most people do start to feel a difference after 10 sessions, getting the sense, for example, that they are walking taller and moving in a looser, suppler way.

“Health
is a
priceless
wealth.
Invest
while
you can.”

– Bryant McGill



YKBI

YASMIN KARACHIWALA BODY IMAGE