

Power World Gyms raises growth capital from Indian Company Talwalkars'

Power World Gyms Limited (PWG), a leading health and fitness chain based in Colombo, Sri Lanka has entered into a strategic partnership with Talwalkars Better Value Fitness Limited (TBVFL) a leading Indian chain of health and fitness centres. PWG has sold a 49.5% stake to PWG in an all cash deal through a combination of



primary and secondary stake sale by the Owners of PWG. PWG operates seven gyms across Colombo and

manages corporate gyms for two leading Sri Lankan corporate. Being pioneers of the fitness industry of Sri Lanka since 1994, PWG has played a pivotal role in shaping the industry. PWG has successfully developed a gym model that provides quality fitness at an affordable price and PWGs extensive knowledge of the Sri Lankan market and the rigorous scientific based training of its staff differentiate it from competitors.

Speaking on this partnership, Mr. Talavou Alailima, Managing Director of PWG said "PWG has sold a minority stake to TBVFL and the Company continues to remain a local company. The funds raised will be used to set up new gyms to cater to the demand for gym facilities in Sri Lanka. The expertise and experience of TBVFL in managing the largest chain of gyms in India is invaluable in helping us understand how to better manage and set up best global gym management systems. The deal combines



For a country of only about 22 Million it is highly commendable that the country has two Olympic medals and forty-six Asian games medals.

*Rohit Bhargava,
Partner, Sparrow Advisory*

PWG's industry and local market knowledge with TBVFL's expertise on efficiently managing several different models of health and fitness centres in India. We also strongly believe that they will make a significant difference not only to the PWG brand but also to the overall health and fitness industry of Sri Lanka."

TBVFL is one of India's largest fitness groups and offers services at over 150 locations in 80 towns and cities around India. Apart from fitness centres the group offers a diet based weight loss program under the brand Reduce, an Electro Muscular stimulus based fitness programme called Nuform and various group activities like aerobics, and Zumba among others at various centres. 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. This transaction marks the maiden venture of TBVFL outside India.

Sparrow Advisory, a boutique corporate finance firm based in India acted as the exclusive advisors to PWG and the Owners of PWG on the transaction.

Sparrow Advisory serves international clients on market entry strategy into South and South East Asia including cross border mergers and acquisition advisory and capital raise. Rohit Bhargava, partner at the firm commenting on the deal said "Sri Lanka is a sporting nation and apart from Cricket, sports like Athletics,

Boxing, Tennis and Rugby are very popular. For a country of only about 22 Million it is highly commendable that the country has two Olympic medals and forty-six Asian games medals. The importance of sports and fitness in the country is ingrained in the children early on from school level. PWG proposes to expand in next two years to over 40 gyms, capturing a disproportionate market share and making it impossible for any new competition to enter the market.

Sri Lanka is a nation which International Companies should start looking at more seriously. The country now has a stable government and has been growing over 7% since the end of the 20 year ethnic war. The per-capital GDP is double of India and the median age is in early 30s. The country presents opportunities in healthcare, hospitality, plantations and infrastructure development".



Minister of Sports Dayan Jayawartha Power World Chairman Sarath Wickramaratne Power World Managing Director Talwar Asitima Talwalkar Managing Director President Talwalkar



Daily FT - 04th Mar 2016



Minister of Sports Desipri Jayasinghe



Power World Chairman Suresh Wickremesekera



Power World Managing Director Taseenu Adamina



President Talwalkar

Talwalkars India invests in Power World Sri Lanka

■ To roll out 10 new Power World gyms

POWER World, on Wednesday announced a strategic partnership to launch 10 new gyms in Sri Lanka. The deal, between Talwalkars India and Power World, will see the opening of 10 new gyms in Sri Lanka. The deal was signed in Colombo.

Both partners have a wealth of industry experience, as the market leader in Sri Lanka and the country's largest fitness chain. Together, these two powerhouses have set out on a strategic partnership to roll out 10 new gyms in Sri Lanka. The deal was signed in Colombo.

Talwalkars, in addition to being the leader in Indian fitness since 1932, was the first listed fitness company on the Indian stock market. It made its mark on the Indian stock market in 2012. With over 100 gyms across India, Talwalkars offers a diverse range of services including group classes, personal training, and health consulting. It has a net worth of over 100,000. The rapid growth experienced by Talwalkars is a direct result of customer trust and the benefits derived from its advanced, personalised supervision and a results-oriented approach. Talwalkars has recorded revenues of 500 million in 2015. Its market capitalisation of 500 million.



Minister of Sports Desipri Jayasinghe Opening and Cutting Ribbon of new Power World Gyms. Power World Chairman Suresh Wickremesekera (Left), Talwalkar Managing Director Taseenu Adamina (Right) also present



Some of the 10 new Power World Gyms

Director and CEO President Talwalkars said, "Talwalkars is at the cusp of international growth in the health and fitness market with increasing disposable income combined with heightened levels of awareness to maintain good health. We are pleased to partner with Power World Gyms and offer our tailor made solutions for the rapid growth in the Sri Lankan market. Power World understands the Sri Lankan consumer best and the combination of our well established best practices in offering fitness solutions to lakhs of discerning customers in India and the market leading performance of Power World 20 years represents an

amazing value proposition in health and lifestyle enhancement for our customers in Sri Lanka."

Power World Gyms pioneered the fitness industry in Sri Lanka in 1999, and has since played a pivotal role in shaping the fitness industry in Sri Lanka. Maintaining its position as market leader in Sri Lanka, over the last 22 years, it has developed a gym model that provides quality fitness centres at an affordable

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Daily Mirror - 04th Mar 2016

08 FRIDAY,
MARCH 4, 2016

NEWS

Talwalkars India invests in Power World Sri Lanka

Ten new Power World gyms launched

Power World recently announced a strategic investment by Bombay Stock Exchange listed Talwalkars Better Value Fitness Limited, India, and the opening of 10 brand new Power World gyms across the Greater Colombo area.

Both partners boast a wealth of industry experience, as the market leaders in their respective countries. Together, these two powerhouse have set out on a ground-breaking endeavour to put Sri Lankans on the fast-track to fitness.

The 10 state-of-the-art gyms launched by Minister of Sports Dayasiri Jayasekara on 2nd March 2016 are located in Welisara, Kotabema, Kiribathgoda, IDH, Malabe, Kaduwela, Piliyandala, Dehiwela, Moruhwa and Piesadura. Each gym is fully equipped with cardiovascular equipment, strength machines and free weights, catering to a membership of up to 1,000 in each location.

The new Power World gyms are equipped with top-of-the-line equipment brands such as Cybex, Life Fitness, Precor, Nautilus, Startrac and Flex in the designated 3,500 sq. ft. - 10,000 sq. ft. area.

Each centre will have dedicated and qualified Fitness Instructors and Fitness Managers, providing members the opportunity to achieve their optimum fitness goals in the shortest possible time.



From left - Sarath Wickremaratne - Chairman of Power World, Prashant Talwalkar, Managing Director & CEO of Talwalkars, Minister of Sports, Dayasiri Jayasekara & Talavou F. Alailima, Founder & Managing Director of Power World Gyms Limited

Talwalkars, in addition to being the leader in Indian fitness since 1932, was the first listed fitness company on the Indian stock market. It made its mark on the Forbes Asia's 'Best Under a Billion' list in 2013.

With over 160 gyms across 84 cities in India, Talwalkars offers a diverse set of services including gyms, spas, aerobics and health counselling to an active member base of over 125,000.

Talwalkars recorded revenues of US\$ 36 million in 2015. It has a market capitalisation of US\$ 83.6 million.

Speaking on the occasion of the media conference, Prashant Talwalkar, Managing Director & CEO of Talwalkars Better Value Fitness Ltd., said "Sri Lanka is at the cusp of transformational growth in the health and fitness market, with increasing disposable incomes coinciding with heightened levels of



awareness in maintaining healthy lifestyles. We are pleased to partner with Power World Gyms and offer our tailor made solutions for the rapid growth expected in the Sri Lankan market."

Power World Gyms pioneered the fitness industry in Sri Lanka in 1994, and has since played a pivotal role in shaping the fitness industry of the country.

Commenting on the occasion, Talavou F. Alailima, Founder & Managing Director of Power World Gyms Limited, said "Power World Gym presents a well-tested and evolved business model for the fitness industry in Sri Lanka, having grown to a network of seven thriving gyms serving over eight thousand

members through some of the most challenging times in Sri Lanka. Our partnership is a 'Win-Win' proposition not just for Power World and Talwalkars, but also for many thousands of busy individuals in Sri Lanka, seeking to secure for themselves a healthy and fit lifestyle."

Acuity Partners a full service investment bank provided the independent valuation of the Power World Gym business while Navam Capital Partners acted as the structuring investment bank of the business. Sparrow Advisory, a boutique corporate finance firm based in India acted as the exclusive advisors to Power World Gym and its founder owner on the transaction.

Divaina Business - 04th Mar 2016



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සුදුසුකම්ලත් උපදේශකයන් සහ කළමනාකරුවන් සෑම මධ්‍යස්ථානයකම සේවය කරති. පවරවර්ල්ඩ් කායවර්ධන මධ්‍යස්ථානයේ කළමනාකාර අධ්‍යක්ෂ හා නිර්මාතෘ තලවු එෆ්. අලයිඩ්මා, ඉන්දියාවේ තල්චෝකර්ස් ආයතනයේ කළමනාකාර අධ්‍යක්ෂ හා ප්‍රධාන විධායක නිලධාරී ප්‍රසාන්ත් තල්චෝර් පවර වර්ල්ඩ් සභාපති සරත් වික්‍රමනායක යන මහත්වරු ක්‍රීඩා ඇමැති දයාසිරි ජයසේකර මහතා සමග එක්ව පවර වර්ල්ඩ් නවතම කායවර්ධන මධ්‍යස්ථාන දහය විවෘත කළ අයුරු.

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Ceylon Daily News – Sports - 05th March 2016

Power World expands its gyms



Sports Minister Dayasiri Jayasekara cutting the ribbon to mark the ceremonial opening of Power World Gyms

SHERIFDEEN AMATH

Power World opened ten brand new gyms across the Greater Colombo area joining hands with Talwalkars Better Value Fitness Limited, India. The new branches are located in Welisara, Kotahena, Kiribathgoda, IDH, Malabe, Kaduwela, Piliyandala, Dehiwela, Moratuwa and Panadura.

Sports Minister Dayasiri

Jayasekara was the chief guest and symbolically opened the branches by cutting a ribbon at the opening ceremony held at Taj Samudra Hotel.

The new Power World gyms are equipped with top-of-the-line equipment brands such as Cybex, Life Fitness, Precore, Nautilus, Startrac and Flex in the designated 3,500 sq.ft –

10,000 sq.ft. area. Each centre will have dedicated and qualified fitness instructors and fitness managers, providing members the opportunity to achieve their optimum fitness goals in the shortest possible time.

"We need better nutrition and physical fitness to create a good sportsman and I invite you to open

more branches islandwide to build strong sports persons," the Minister said.

Power World Chairman Sarath Wickramanayake, Managing Director and CEO of Talwalkars Better Value Fitness Ltd Prashant Talwalkar, Power World Founder and Managing Director Talavou F. Alailima also spoke at the opening ceremony.

06th Mar 2016 Sunday Ceylon Today Financial Times

POWER WORLD OPENS 10 NEW GYMS



At the launch, left to right: Power World Chairman Suresh Wickremaratne, Talwalkars Managing Director Prashant Talwalkar, Minister Dayasiri Jayasekara and Talavou Alailima

BY DUNALEE PEIRIS

10 new state-of-the-art gyms were launched by Power World Limited recently.

The new gyms will be located in Welisara, Kotahena, Kiribathgoda, IDH, Malabe, Kaduwala, Piliyandala, Dehiwela, Moratuwa and Panadura.

Further discussions with the Sports Ministry are taking place as per Power World's aggressive expansion plan with more gyms to be opened in rural sectors as well in the near future said Power World Gyms Limited Founder

and Managing Director Talavou F. Alailima.

Power World is also expecting to expand overseas and is currently considering Africa and the Indian sub continent, with Bangladesh being the most promising said Alailima.

"We are hoping to tap into countries which have a primitive structure with regard to the fitness industry and spread our expertise" he said.

The 10 gyms were opened with the partnership of Talwalkars Better Value Fitness Ltd. India which is a major shareholder of

Power World.

Commenting on the partnership and the opening of the gyms, Sports Minister Dayasiri Jayasekara said that this is the first step towards improving the fitness industry in Sri Lanka and that it is now possible to even take it to the village level.

"This partnership has brought professionalism to the sports culture in Sri Lanka" he said.

Talwalkars is also interested in providing fitness education in Sri Lanka since the two go hand in hand said Talwalkars Better Value Fitness Ltd Managing

Director & CEO Prashant Talwalkar.

Each new gym is fully equipped with cardiovascular equipment, strength machines and free weights, catering to a membership of up to 1,000 in each location and are equipped with brands such as Cybex, Life Fitness, Precore, Nautilus, Startrac and Flex in the designated 3,500 sq. ft. - 10,000 sq. ft. area.

The 10 gyms were officially declared open by the Sports Minister Dayasiri Jayasekara on Wednesday.

06th Mar 2016 - Sunday Observer - Business & Finance

10 New Power World Gyms launched

Power World is pleased to announce a strategic investment by Bombay Stock Exchange listed Talwalkars Better Value Fitness Limited, India, and the opening of ten brand new Power World gyms across the Greater Colombo area. Both partners boast a wealth of industry experience, as the market leaders in their countries. Together, these two powerhouses have set out on a ground-breaking endeavour to put Sri Lankans on the fast-track to fitness.

The state-of-the-art gyms launched by Dayasiri Jayasekara, the Minister of Sports on recently are in Welisara, Kotahena, Kiribathgoda, IDH, Malabe, Kaduwela, Piliyandala, Dehiwela, Moratuwa and Panadura. Each gym is fully equipped with cardiovascular equipment, strength machines and

free weights, catering to a membership of up to 1,000 in each location.

The new Power World gyms are equipped with top-of-the-line equipment brands such as Cybex, Life Fitness, Precore, Nautilus, Startrac and Flex in the designated 3,500 sq. ft. – 10,000 sq. ft. area. Each centre will have dedicated and qualified Fitness Instructors and Fitness Managers, providing members the opportunity to achieve their optimum fitness goals in the shortest possible time.

Talwalkars, in addition to being the leader in Indian fitness since 1932, was the first listed fitness company on the Indian stock market. It made its mark on the Forbes Asia's 'Best Under a Billion' list in 2013. With over 160 gyms across 84 cities in India, Talwalkars offers a diverse

set of services including gyms, spas, aerobics and health counselling to a membership of over 125,000. The rapid growth experienced by Talwalkars is a direct result of customer trust and the benefits derived from expert advice, personalised supervision and a results-oriented approach. Talwalkars recorded a revenue of US\$ 36 million in 2015. It has a market capitalisation of US\$ 83.6 million.

Prashant Talwalkar, Managing Director and CEO of Talwalkars Better Value Fitness Ltd., said "Sri Lanka is at the cusp of transformational growth in the health and fitness market, with increasing disposable incomes coinciding with heightened levels of awareness in maintaining healthy lifestyles.

Sunday Times – Sports - 06th Mar 2016

By Narendra Kulatunga

Launch of 10 new Power World Gyms

Power World Gyms, the pioneers of the fitness industry in Sri Lanka since 1994, announced a strategic investment by a Mumbai Stock Exchange listed, Talwalkars Better Value Fitness Ltd, India and the launching of ten new Power World Gyms across the Greater Colombo area yesterday.

Apart from the seven existing gyms in Colombo, the ten new gyms are located in Welisara, Kotahena, Kiribathgoda, IDH, Malabe, Kaduwela, Piliyandala, Dehiwela, Moratuwa and Panadura. The ten state-of-the-art gyms was launched by Dayasiri Jayasekera, the Minister of Sports. Each gym is fully equipped with cardiovascular equipment, strength machines and free weights, catering to a 1,000 in each location. They are equipped with top-of-the-line equipment brands such as Cybex, Life Fitness, Precore, Nautilus, Startrac and Flex in the designated 3,500 sq. ft. to 10,000 sq. ft. area. Also each centre will have dedicated and qualified fitness instructors and fitness managers.

Both partners Power World Gyms and Talwalkars Better Value Fitness Ltd, India boast a wealth of industry experience as the market leaders in their respective countries. Together, these two power houses have set out on a ground breaking endeavour to put Sri Lankans on the fast track to fitness.

Talwalkars, in addition to being the leader in Indian fitness since 1932, was the first listed fitness company on the Indian stock market. It made its mark on the Forbes Asia 'Best Under a



Officially unveiling the state-of-the-art gyms at the launching ceremony - Pic by Nilan Maligaspe

Billion' list in 2013, with over 160 gyms across 84 cities in India. Talwalkars offers a diverse set of services including gyms, spas, aerobics and health counseling to an active member base of over 125,000. They recorded revenues of USD 36 million in 2015 and market capitalisation of USD 83.6 million.

Mr. Prashant Talwalkar, Managing Director and CEO of Talwalkars Better Value Fitness Ltd, said, "Sri Lanka is at the cusp of transformational growth in the health and fitness market, with increasing disposable incomes coinciding with heightened levels of awareness in maintaining healthy lifestyles. We are pleased to partner with Power World Gyms and of-

fer our tailor made solutions for the rapid growth expected in the Sri Lankan market."

Power World Gyms, maintaining its position as market leader in Sri Lanka over the last 22 years and has developed a gym model that provides quality fitness centers at an affordable price for those in the middle and upper income groups. Power World also manages several in-house gyms for corporate entities amounting to a membership of over 8,000 individuals.

Commenting on the occasion, Mr. Talavou F. Alalima, Founder and Managing Director of Power World Gyms Limited said, "Power World Gym presents a well tested and evolved business model for the fitness industry in

Sri Lanka, having grown to a network of seven thriving gyms. Our partnership is a 'win-win' proposition not just for Power World and Talwalkars, but also for many thousands of busy individuals in Sri Lanka, seeking to secure for themselves a healthy and fit life style"

Acuity partners a full service investment bank provided the independent valuation of the Power World Gym business while Navara Capital Partners acted as the structuring investment bank of the business. Sparrow Advisory, a boutique corporate finance firm based in India acted as the exclusive advisors to Power World Gyms and its founder owner on the business transaction.

Sunday Observer – Sports - 06th Mar 2016

Sport

SUNDAY, MARCH 6, 2016

Giant of the gym

A former S. Thomas' College rugby winger and Sri Lanka shot putt record holder rises to become the nation's fitness doctor two decades after he was laughed at

by Collistus Davy

Hundreds of Sri Lankans who have developed a fanaticism for fitness may not know him from Adam. Yet they flock in their thousands to heal their bodies or take care of it before the foreseeable can happen as they jostle to patronise his gymnasiums that many see as offering the perfect formula for a healthy living.

For Talavou Alailima the rush to enroll or patronise his numerous Power World gyms scattered across the city and its environs, the time could not have been more appropriate to launch ten more fitness factories and it seems the former S. Thomas' College rugby winger of the late 1980s and Sri Lanka shot putt record holder for two decades will not stop until he launches a hundred more.

Alailima can turn heads wherever he goes given his soothing clean-shaven and strapping figure, but he wants nothing of it and only sees himself as a backstage life-saver of a nation where others may have failed.

"We are the final line to prevent people from hospital or dying from some disease.

"More than fifty percent of the people in Sri Lanka are overweight and they are dropping dead in their 30s and 40s", declared Alailima just minutes after his boyhood buddy Dayasiri Jayasekera now the country's youthful sports minister symbolically cut a ribbon to declare open ten fitness-training outlets on stage at the Taj Samudra Hotel on Wednesday night against a live television screen that showed the gyms in motion from Welisara in the north of Colombo to Panadura in the south.

Alailima is today far from the



Talavou Alailima (right) holds the ribbon cut by Sports Minister Dayasiri Jayasekera to christen 10 gymnasiums around Colombo as India's top fitness magnate Prashant Talwalkar looks on (Picture by Sudam Gunasinghe)

robust teenage boy he used to be at school when he would take a couple of defenders with him to cross the line and score.

He could walk up to a total stranger like a gentle giant for a gesturing handshake and that may hold the secret of the success of a man who is now living his dream to the fullest.

"Today is a day of celebration for me. I wanted to see what I see today, a milestone.

Here I am standing and it is so amazing. People have no option for

a disease-free life other than fitness", said Alailima.

Alailima may have dreamed in Sri Lanka, but his journey began at a university in America. There as a student studying for his Masters degree, Alailima locked himself up alone in his room and cracked his brains to coin the term Power World that is now the trademark reference to his fitness training centres numbering 17. His Sri Lankan colleagues in the USA even laughed at him when he told them of his desire to set up a

gymnasium on his return to the island and charge users Rs.500 a month. But twenty years down the line Alailima is not only discussing deals and rubbing shoulders with Sri Lanka's business elite, but also with corporate superstars across the Palk Strait in neighbouring India.

Topping that pedestal is the fitness mecca of India, Prashant Talwalkar whose industry of the same name has now teamed up with Power World to invest and take the concept to a higher level. If Alailima wants he could boast of a thousand members frequently patronising each of his 17 fitness locations that offers users cardiovascular equipment, strength machines and weights among other body conditioning items.

Unknown to many Alailima also takes time off his gym business to advise Sports Minister Jayasekera who has made him a member of the policy-making National Sports Council (NSC) where his main task is to identify talent.

Jayasekera has no doubts that his recently launched fitness-for-all national project may receive just the boost to be taken from Colombo to far flung areas where Power World is yet to set up gymnasiums or fitness training centres. "Sri Lankan sportsmen don't know anything about power-training at village level for muscular development and I hope you will take it to the villages", pleaded Jayasekera. "It's a blessing to have Lima (Alailima) do this for the country after retiring (from sport) when you think of the many who retire and do nothing".

Jayasekera promised he would push for what he called "jogging (running) paths all over the country".

07th Mar 2016 - Ceylon Today - Sports



Minister of Sports Dayasiri Jayasekera officially declares open a power gym. Also in the picture are Sarath Wickremanayake (Power World Chairman), Talavou F. Alailima, Founder and Managing Director of Power World Gyms Limited and Prashant Talwalkar, Managing Director and CEO of Talwalkars Better Value Fitness Ltd (Pic by Laksiri Ruwan)

TEN NEW POWER WORLD GYMS LAUNCHED

Power World Gyms, the pioneers of the fitness industry in Sri Lanka since 1994, announced a strategic investment by a Mumbai Stock Exchange listed, Talwalkars Better Value Fitness Ltd, India and the launching of ten new Power World Gyms across the Greater Colombo area yesterday.

Apart from the seven existing gyms in Colombo, the ten new gyms are located in Welisara, Kotahena, Kiribathgoda, IDH, Malabe, Kaduwela, Piliyandala, Dehiwela, Moratuwa and Panadura.

The ten state-of-the-art gyms were launched by Dayasiri Jayasekera, the Minister of Sports. Each

gym is fully equipped with cardiovascular equipment, strength machines and free weights, catering to a 1,000 in each location.

Talwalkars, in addition to being the leader in Indian fitness since 1932, was the first listed fitness company on the Indian stock market.

Commenting on the occasion, Talavou F. Alailima, Founder and Managing Director of Power World Gyms Limited said, "Power World Gym presents a well tested and evolved business model for the fitness industry in Sri Lanka, having grown to a network of seven thriving gyms. Our partnership is a

'win-win' proposition not just for Power World and Talwalkars, but also for many thousands of busy individuals in Sri Lanka, seeking to secure for themselves a healthy and fit life style".

Acuity partners a full service investment bank provided the independent valuation of the Power World Gym business while Navara Capital Partners acted as the structuring investment bank of the business. Sparrow Advisory, a boutique corporate finance firm based in India acted as the exclusive advisors to Power World Gyms and its founder owner on the business transaction.

10th Mar 2016 - Ada - Business

පවර වරලඬි, ඉන්දිය සමාගමක් සමග එක්ව තවදුරටත් පුළුල් වේ



විමුක්ති කරුණාත්ත

ශ්‍රී ලංකාවේ ව්‍යායාම ක්ෂේත්‍රයේ ප්‍රමුඛ පෙළේ ආයතනයක් වන පවර වරලඬි ආයතනය කොළඹ නගරය ආශ්‍රිතව නව ව්‍යායාම මධ්‍යස්ථාන 10ක් විවෘත කළ බව පවසයි. ඉන්දියාවේ Talwalkars Better Value Fitness සමාගම හා එක්ව සිදු කළ මුදල් ආයෝජනයක්ද සමගින් මේ තත්ත්වය ඇතිවුණු බව ඔවුන් නිවේදනය කර සිටියි. ඒ අනුව, ක්ෂේත්‍රයේ ඉහළ අත්දැකීම් සතු ආයතන දෙකක මෙම එක්වීම, දෙරටේම ව්‍යායාම ක්ෂේත්‍රයන් වෙත කැපී පෙනෙන දායකත්වයක් බවත් පවර වරලඬි ආයතනය පෙන්වා දෙයි.

මෙම නවීනතම පවර වරලඬි ව්‍යායාම මධ්‍යස්ථාන වැලිසර, කොටහේන, කිරිඳිගොඩ, අයි.ඩී.එච්. මාලුමේ, කඩුවෙල, පිළියන්දල, දෙහිවල, මොරටුව සහ පානදුර යන නගරවල පිහිටා තිබේ. එහිදී මෙම නවීනතම ව්‍යායාම මධ්‍යස්ථාන හඳුන්වාදීම ක්‍රීඩා අමාත්‍ය දයාසිරි ජයසේකර මහතා අතින් පසුගියදා සිදු කෙරුණු බවත්, පවර වරලඬි සමාගම සඳහන් කර සිටියි. මෙම සෑම මධ්‍යස්ථානයක් සතුවම හඳවනු ලබන උපකරණ, දිගැසුම් යන්ත්‍ර සහ බර අඩු කිරීම් උපකරණ ආදී පහසුකම් සහිත බවද පැවසෙයි.

රුපියල් 1,000 සිට පවතින සාමාජික ගාස්තුවකින් මෙම සේවාවන් ලබාගැනීමේ

හැකියාව සලසා දීමද කැපී පෙනෙයි. විශේෂ වර්ග අඩි 3,500 සිට 10,000 දක්වා වූ ඉඩක් සහිත මෙම සෑම මධ්‍යස්ථානයක්ම Cybex, Life Fitness, Precore, Nautilus, Startac සහ Flex යන සන්නාමයන්ගෙන් යුත් ඉහළ පෙළේ ව්‍යායාම උපකරණවලින් සමන්විත බවත් එම ආයතනය පවසයි. මීට අමතරව මෙම සෑම මධ්‍යස්ථානයක් වෙතම සුදුසුකම් ලත් උපදේශකයන් හා කළමනාකරුවන්ද යොදවා ඇති බවත්, සිය සාමාජිකයන්ට අවම කාලයක් තුළ උපරිම සුවතාවක් ලබාදීම අරමුණ බවත් පවර වරලඬි ආයතනය වැඩිදුරටත් සඳහන් කර සිටියි.

Dinamina - Business - 10th Mar 2016



නවතම
පවර වරලඬ්
ව්‍යායාම්
මධ්‍යස්ථාන
10ක් විවෘතයි


ඉන්දියාවේ Talwalkars,
පවර් චල්චිති ආයෝජනය කරයි

බොම්බායේ නොට්ස් වෙළඳ පොළ
තුළ ලැබිය්තු ගත වූ ඉන්දියාවේ
Talwalkars Better Value
Fitness සමාගම සීමාසහිතය

Fitness සමාජයේ ශ්‍රී ලංකා තුළ සුවිශේෂී ආයෝජනයක් සිදුකළ බව පවර් ටර්ල්ඩ් ආයතනය නිවේදනය කර සිටී. එම ආයෝජනයට අනුව තවත්ම පවර් ටර්ල්ඩ් විශාලම මධ්‍යස්ථාන 10ක් කොළඹ නගරය ප්‍රතිචාර විචාන කර ඇත. මෙම සමාගම් දෙකම සේනුයේ දුකල අන්දකිම් සතු ආයතනවල රෙදරවේ විශාලම ක්ෂේත්‍රයන්හි ලං-මුන සමාගම් වේ. මෙම එක්වීම තුළින් ශ්‍රී ලංකාවේ සෑම හා සුවිශා ක්ෂේත්‍රයෙහි සුවිශේෂී සංවි-සන් සහිතවත් වන ඇත.

මෙම තව්තතම ව්‍යායාම මධ්‍යස්ථාන හඳුන්වාදීම ක්‍රියා අමාත්‍ය දයාසේකර මැතිතුමා අතින් පසුගිය මාර්තු 2 වනදා සිදුවිය. වැලිලෑ, කොටේන, නිර්වත්තොඩ, අයි.ඩී.එච්. මාලමේ, කටුවෙල, පිළි-
යන්දල, දෙහිවෙල, මොරටුව සහ පානදුර යන නගරවල එම මධ්‍යස්ථාන පිහිටා ඇති අතර මෙම සෑම මධ්‍යස්ථානයකම හෘද-
වාහිනී උපකරණ, දිශැලුම් යන්ත්‍ර සහ මර අවුකිරීම ආදී පහසුකම් වේ. රු. 1,000 සිට
ට්‍රි සාමාජික ගාස්තුවකින් එම සේවාවන්
ලබාගත හැකිය. වර්ත අඩි 3, 500 සිට 10.

000 දක්වා වූ උපද්‍රව්‍යයක් ඇති මෙම
 සෑම මධ්‍යස්ථානයක්ම **Cyvex, Life**
Fitness, Precore, Nautilus,
Startrac සහ **Flex** යන සන්නා-
 මයන් ගෙන් යුත් ඉහළ වෙළේ විශාල
 උපකරණ වලින් සමන්විත වේ.
 සුදුසුකම් ලත් උපදේශකයින් හා
 කළමනාකරුවන් සෑම මධ්‍යස්ථාන-
 යක්ම දේවිය සඳහා කැපවීමක්
 පාලනයකින් හට ගවීම කාලයක්

අද උපරිම සුවතාවක් ලබා දීම සඳහා අවස්ථාව සලසයි. 1994 සිට මෙරට විනයාන හා සුවතා ක්ෂේත්‍රයේ සුවිශේෂී භූමිකාවක් නිසැළි සිටින පවුල් චර්ජඩි සමාගම අඛණ්ඩව 22 වසරක් තම ප්‍රමුඛතාවය රැක ගැනීමට සමත්ව ඇත. මධ්‍යම හා ඉහළ ආදායම් ලබන පාර්ශ්ව-ශීතකිත් සෑම දෙනා වෙත මනා ලෙස සැකසූ විනයාන මධ්‍යස්ථාන පවුල් චර්ජඩි සතු ය. විවිධ සමාගම්ගි අභ්‍යන්තරයේද විනයාන මධ්‍යස්ථාන පවත්වාගෙන යන පවුල් චර්ජඩි සමාගම සතුටු විනයාන මධ්‍යස්ථාන 7ක්ද, 8,000කට වැඩි සාමාජික පිරිසක් ද සහිත ගන්තිමත් සමාගමකි. මධ්‍ය - ආදායම් සහිත රටක් වන ශ්‍රී ලංකාවේ පවුල් චර්ජඩි **Talwalkars** හා එක්වීම තුළින් ශ්‍රී ලංකාවේ විනයාන ක්ෂේත්‍රයේ සහ ක්‍රීඩා ක්ෂේත්‍රයේ සුවි-ශේෂී සන්නිවේදනායක් සනිටුහන් වන ඇත.

නිරෝගි දිවියක් උරුම කර දීම සඳහා ලොව පිළිගත් සේවාවක් තම පාර්ශෝගික ජනතාව වෙත ලබාදෙන බවට මෙම සමාගම දෙක විසින් අවධාරණය කර සිටී.

රාජ්‍යාඥාපාල-සභාවේ ඉගැන්වීම



The Island Business & Finance - 10th Mar 2016

10 new Power World gyms launched: Talwalkars India invests in Power World Sri Lanka

Power World is pleased to announce a strategic investment by Bombay Stock Exchange listed Talwalkars Better Value Fitness Limited, India, and the opening of ten brand new Power World gyms across the Greater Colombo area. Both partners boast a wealth of industry experience, as the market leaders in their respective countries. Together, these two powerhouses have set out on a ground-breaking endeavour to put Sri Lankans on the fast-track to fitness.

The ten state-of-the-art gyms launched by the Dayasiri Jayasekara, the Minister of Sports on 2nd March are located in Welisara, Kotahena, Kiribathgoda, IDH, Malabe, Kaduwela, Piliyandala, Dehiwela, Moratuwa and Panadura. Each gym is fully equipped with cardiovascular equipment, strength machines and free weights, catering to a membership of up to 1,000 in each location. The new Power World gyms are equipped with top-of-the-line equipment brands such as Cybex, Life Fitness, Precore, Nautilus, Startrac and Flex in the designated 3,500 sq. ft. - 10,000 sq. ft. area. Each centre will have dedicated and qualified Fitness Instructors and Fitness Managers, providing members the opportunity to achieve their optimum fitness goals in the shortest possible time.

Talwalkars, in addition to being the leader in Indian fitness since 1932, was the first listed fit-



ness company on the Indian stock market. It made its mark on the Forbes Asia's 'Best Under a Billion' list in 2013. With over 160 gyms across 84 cities in India, Talwalkars offers a diverse set of services including gyms, spas, aerobics and health counselling to an active member base of over 125,000. The rapid growth experienced by Talwalkars is a direct result of customer trust and the benefits derived from expert advice, personalized supervision and a results-oriented approach. Talwalkars recorded revenues of US\$ 36 million in 2015. It has a market capitalisation of US\$ 83.6 million.

Speaking on the occasion of the media conference, Prashant Talwalkar, Managing Director & CEO of Talwalkars Better Value

Fitness Ltd., said "Sri Lanka is at the cusp of transformational growth in the health and fitness market, with increasing disposable incomes coinciding with heightened levels of awareness in maintaining healthy lifestyles. We are pleased to partner with Power World Gyms and offer our tailor made solutions for the rapid growth expected in the Sri Lankan market. Power World understands the Sri Lankan consumer best and the combination of our well established best practices in offering fitness solutions to lakhs of discerning customers in India and the market leading performance of PWG for over twenty years, represents an amazing value proposition in health and lifestyle enhancement for our customers in Sri Lanka."

Ceylon Daily News Business & Finance - 11th Mar 2016

Talwalkars India invests in Power World Sri Lanka

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Prashant Talwalkar

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F. Alailima

and fitness market, with increasing disposable incomes coinciding with heightened levels of awareness in maintaining healthy lifestyles. We are pleased to partner with Power World Gyms and offer our tailor made solutions for the rapid growth expected in the Sri Lankan market."

Commenting on the occasion, Talavou F. Alailima, Founder and Managing Director of Power World Gyms Limited., said "Power World Gym presents a well-tested and evolved business model for the fitness industry in Sri Lanka, having grown to a network of seven thriving gyms serving over eight thousand members through some of the most challenging times in Sri Lanka."

Daily Mirror Sports - 12th Mar 2016

Ten New Power World Gyms launched

BY SANDUN KODITHUWAKKU

Power World is pleased to announce a strategic investment by Bombay Stock Exchange listed Talwalkars Better Value Fitness Limited, India, and the opening of ten brand new Power World gyms across the Greater Colombo area. Both partners boast a wealth of industry experience, as the market leaders in their respective countries. Together, these two powerhouses have set out on a ground-breaking endeavour to put Sri Lankans on the fast-track to fitness.

The ten state-of-the-art gyms launched by Dayasiri Jayasekara, Minister of Sports on March 2 are located in Welisara, Kotahena, Kiribathgoda, IDH, Malabe, Kaduwela, Piliyandala, Dehiwela, Moratuwa and Panadura. Each gym is fully equipped with cardiovascular equipment, strength machines and free weights, catering to a membership of up to 1,000 in each location. The new Power World gyms are equipped with top-of-the-line equipment brands such as Cybex, Life Fitness, Precore, Nautilus, Startrac and Flex



From left: Sarath Wickramanayake - Chairman of Power World, Prashant Talwalkar, Managing Director and CEO of Talwalkars, Minister of Sports, Dayasiri Jayasekara and Talavou F. Alailima, Founder and Managing Director of Power World Gyms Limited.

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gyms across 84 cities in India, Talwalkars offers a diverse set of services including gyms, spas, aerobics and health counselling to an active member base of over 125,000. The rapid growth experienced by Talwalkars is a direct result of customer trust and the benefits derived from expert advice, personalized supervision and a results-oriented approach. Talwalkars recorded revenues of US\$ 36 million in 2015. It has a market capitalisation of US\$ 83.6 million.

13th Mar 2016 - Déshaya - Business

පවර වරලඬි නගර 10කට



ශ්‍රී ලංකාවේ ව්‍යායාම හා සුවතා ක්ෂේත්‍රයේ සුවිශේෂී සංධිස්ථානයක් සනිටුහන් කරමින් නවතම පවර වරලඬි ව්‍යායාම මධ්‍යස්ථාන 10ක් කොළඹ හා තලසන්න නගර ආශ්‍රිතව පසුගියදා විවෘත කෙරිණි. මෙම පවර වරලඬි ව්‍යායාම මධ්‍යස්ථාන පිහිටුවීමේ පුරෝගාමියා වන්නේ ඉන්දියාවේ Tawalkars Better Value Fitness සමාගමයි.

එම නවීනතම ව්‍යායාම මධ්‍යස්ථාන හඳුන්වාදීම ක්‍රීඩා අමාත්‍ය දයාසිරි ජයසේකර මහතා අතින් ඉකුත් 2 වැනිදා සිදුකෙරිණි. වැලිසර, කොටහේන, කිරිඳිගොඩ, අයි. ඩී. එච්. මාලුගොඩ, කඩුවෙල, පිළියන්දල, දෙහිවෙල, මොරටුව සහ පානදුර නගරවල එම මධ්‍යස්ථාන පිහිටුවා ඇති බව එහිදී ප්‍රකාශ විය. සෑම මධ්‍යස්ථානයකම හඳවනාඩි උපකරණ, දිගැදුම් යන්ත්‍ර සහ බර අඩු කිරීම් ආදී උපකරණද පිහිටුවා තිබේ. එසේම Cyber, Life Fitness, Pre Core, Nautilus, Star Trac සහ Flex යන ඉහළපෙළේ ව්‍යායාම උපකරණවලින් මේ මධ්‍යස්ථාන සමන්විතය.

සුදුසුකම් ලත් උපදේශකවරුන් යටතේ සෑම මධ්‍යස්ථානයකම උපරිම සුවතාවක් ලබාගැනීමේ පහසුකම් සහිතව ස්ථාපිත කරන පවර වරලඬි ඉන්දියා කොටස් වෙළෙඳපොළේ ලයිස්තු ගත පළමු ව්‍යායාම හා සුවතා සමාගමට අනුබද්ධය. ඉන්දියාවේ එවැනි

මධ්‍යස්ථාන 160ක් නගර 84 පුරා විවෘතව පවතී.

පසුගිය වසරේදී ඇමරිකන් ඩොලර් මිලියන 36ක වාර්තාගත ආදායමක් ඉපයූ Talwalkars සතු වෙළෙඳපොළ ප්‍රාග්ධනය ඇමරිකන් ඩොලර් මිලියන 83.6කි. මධ්‍යම සහ ඉහළ ආදායම් උපයන පාරිභෝගික සැමට ගැලපෙන ව්‍යායාම මධ්‍යස්ථාන පවර වරලඬි සතුය.

මෙහිදී අදහස් දැක්වූ පවර වරලඬි පීඒ පෞද්ගලික සමාගමේ අධ්‍යක්ෂක තලාබෝ අලයිලාමා මහතා "කාර්යබහුල ජීවන රටාවකට උරුමකම් කියන තවත් දහස් ගණනක් වූ ශ්‍රී ලාංකිකයන්ට නිරෝගි දිවියක් උරුමකර දීම සඳහා තත්ත්වයෙන් වඩාත් උසස් සේවාවන් රැසක් ලබාදීමට පුළුවන්" යැයි පැවසීය.

ශ්‍රී ලංකාවේ පවර වරලඬි Talwalkar සමඟ එක්වීම ශ්‍රී ලංකාවේ ව්‍යාපාර ක්ෂේත්‍රයේ සහ ක්‍රීඩා ක්ෂේත්‍රයේ සුවිශේෂී සංධිස්ථානයකි. එම සමාගම් දෙකම එක්ව පවසන්නේ නිරෝගි දිවියක් උරුම කර දීම සඳහා ලොව පිළිගත් සේවාවන් තම පාරිභෝගිකයන් වෙත ලබාදෙන බවය.

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04th Mar 2016 - Daily FT

Daily FT
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HOME / LIFESTYLE / TALWALKARS INDIA INVESTS IN POWER WORLD SRI LANKA

Talwalkars India invests in Power World Sri Lanka

Comments 16 Friday, 4 March 2016 00:00



Minister of Sports Dayasiri Jayasekara Opening and Cutting Ribbon of New Power World Gym. Power World Chairman Sarath Wickremaratne (Left), Talwalkar Managing Director Prashant Talwalkar and Power World Managing Director Talavou Alalima (Right) also present



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BY CHANITHA KURUPPU
4 March 2016

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BY DINESH WEERAKKODY
4 March 2016

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BY WIMAL WEERAWANSA
4 March 2016

Some things change. Some things don't. Sometimes, the more things change the more they stay the same. Plus ça change, plus ça change. The same old story.



Talwalkars India invests in Power World Sri Lanka

2016-03-04 00:00:00

102

From left - Sarath Wickramanayake - Chairman of Power World, Prashant Talwalkar, Managing Director & CEO of Talwalkars, Minister of Sports, Dayasiri Jayasekera & Talavou F. Alailima, Founder & Managing Director of Power World Gyms Limited

Power World recently announced a strategic investment by Bombay Stock Exchange listed Talwalkars Better Value Fitness Limited, India, and the opening of 10 brand new Power World gyms across the Greater Colombo area.

Both partners boast a wealth of industry experience, as the market leaders in their respective countries. Together, these two powerhouse have set out on a ground-breaking endosyourn to put Sri Lanka on the fast track to fitness.

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Power World expands its gyms

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Sports

LIVE PAK Vs SL
RECENT ENG Vs MUM
UPCOMING BAN Vs OMN

PAK Vs SL 16th T20I Warm-up at Kolkata, 14th Mar
PAK won by 15 runs

MAN OF THE MATCH
IMAD WASIM

SL	PAK
142/9 (20 Overs) RR: 7.1	157/5 (20 Overs) RR: 7.85

Top Players

SL	PAK
NIRL Thirimani 45 (37)	Mohammad Irfan 70 (49)
LI Chandimal 30 (21)	Shanai Khan 23 (21)
NLTC Perera 2/26	Imad Wasim 4/25
HMRKB Herat 1/24	Mohammad Ir 2/18

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06th Mar 2016 Sunday Observer - Sports

The screenshot shows the Sunday Observer website interface. At the top, there's a navigation bar with links like 'HOME', 'OBSERVER ONLINE', 'News', 'Editorial', 'Finance', 'Features', 'Political', 'Security', 'Sports', 'Spectrum', 'World', 'Obituaries', and 'Junior'. A sidebar on the left contains links for 'OTHER PUBLICATIONS', 'OTHER LINKS', 'Marriage Proposals', 'Classifieds', and 'GOVERNMENT GAZETTE'. The main content area features a large banner for 'BUSINESS FROM SINGAPORE Jitron® BIOMEDICAL DISTRIBUTORS' with a 'LEARN MORE >' link. Below the banner is the article 'Giant of the gym' by Callistus Davy, which discusses a former Sri Lanka shot putt record holder who has become a fitness doctor. The article includes a photo of three men, one of whom is the fitness doctor. On the right side of the page, there are several advertisements, including one for 'OBSERVER JOBS' and another for 'INVITATION FOR PRE-QUALIFICATION OF SUPPLIERS TO SUPPLY'. The bottom of the page shows a Windows taskbar with various application icons and a system clock indicating 11:16 AM on 3/9/2016.

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Giant of the gym

A FORMER S. THOMAS' COLLEGE RUGBY WINGER AND SRI LANKA SHOT PUTT RECORD HOLDER RISES TO BECOME THE NATION'S FITNESS DOCTOR TWO DECADES AFTER HE WAS LAUGHED AT:

by Callistus Davy

Hundreds of Sri Lankans who have developed a fanaticism for fitness may not know him from Adam. Yet they flock in their thousands to heal their bodies or take care of it before the foreseeable can happen as they jostle to patronise his gymnasiums that many see as offering the perfect formula for a healthy living.

For Talavou Alailima the rush to enroll or patronize his numerous Power World gyms scattered across the city and its environs, the time could not have been more appropriate to launch ten more fitness factories and it seems the former S. Thomas' College rugby winger of the late 1980s and Sri Lanka shot putt record holder for two decades will not stop until he launches a hundred more.

Alailima can turn heads wherever he goes given his soothing clean-shaven and strapping figure, but he wants nothing of it and only sees himself as a backstage life-saver of a nation where others may have failed.

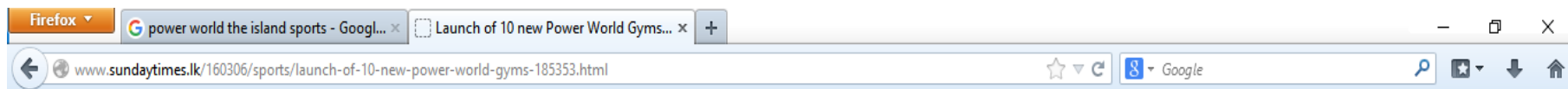
"We are the final line to prevent people from hospital or dying from some disease.

"More than fifty percent of the people in Sri Lanka are overweight and they are dropping dead in

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Sunday, March 06, 2016

SPORTS

Launch of 10 new Power World Gyms

By Narendra Kulatunga

View(s): 34

Power World Gyms, the pioneers of the fitness industry in Sri Lanka since 1994, announced a strategic investment by a Mumbai Stock Exchange listed, Talwalkars Better Value Fitness Ltd, India and the launching of ten new Power World Gyms across the Greater Colombo area yesterday. Apart from the seven existing



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Indian company takes 49.5% stake

Despite of the controversy surrounding ITCA, Sri Lanka is happy to receive support from India to develop its sports industry, said Sports Minister Dayasiri Jayasekara on Wednesday (2).

Ceylontoday, 2016-03-06 02:00:00 Read 164 Times

Indian company takes 49.5% stake

By Dunalee Peiris

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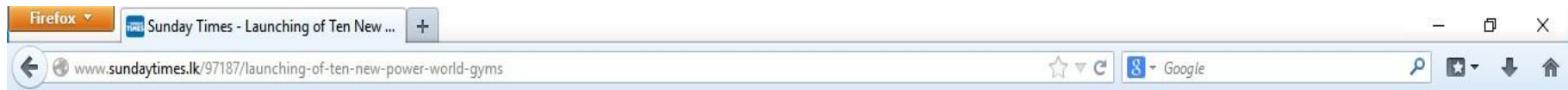
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Launching of Ten New Power World Gyms

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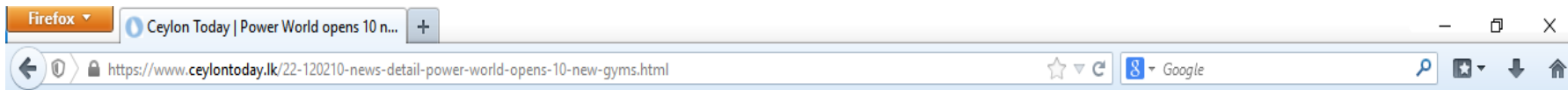
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Power World opens 10 new gyms

10 new state-of-the-art gyms were launched by Power World Limited recently.

Ceylontoday, 2016-03-06 02:00:00

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Power World opens 10 new gyms

By Dunalee Peiris

10 new state-of-the-art gyms were launched by Power World Limited recently.

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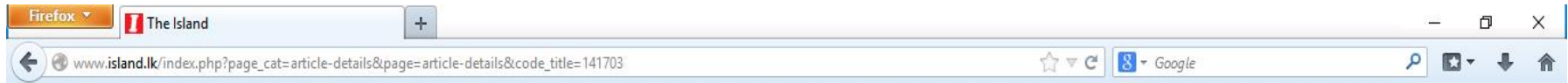
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10 new Power World gyms launched: Talwalkars India invests in Power World Sri Lanka

March 9, 2016, 12:00 pm



Power World is pleased to announce a strategic investment by Bombay Stock Exchange listed Talwalkars Better Value Fitness Limited, India, and the opening of ten brand new Power World gyms across the Greater Colombo area. Both partners boast a wealth of industry experience, as the market leaders in their respective countries. Together, these two powerhouses have set out on a ground-breaking endeavour to put Sri Lankans on the fast-track to fitness.

The ten state-of-the-art gyms launched by the Dayasiri Jayasekara, the Minister of Sports on 2nd March are located in Welisara, Kotahena, Kiribathgoda, IDH, Malabe, Kaduwela, Piliyandala, Dehiwela, Moratuwa and Panadura. Each gym is fully equipped with cardiovascular equipment, strength machines and free weights, catering to a membership of up to 1,000 in each location. The new Power World gyms are equipped with top-of-the-line equipment brands such as Cybex, Life Fitness, Precore, Nautilus, Startrac and Flex

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Prashant Talwalkar

Power World is pleased to announce a strategic investment by Bombay Stock Exchange listed Talwalkars Better Value Fitness Limited, India, and the opening of ten new Power World gyms across the Greater Colombo area.

Both partners boast a wealth of industry experience, as the market leaders in their respective countries.

The rapid growth experienced by Talwalkars is a direct result of customer trust and the benefits derived from expert advice, personalized supervision and a results-oriented approach.

Talwalkars recorded revenues of US\$ 36 million in 2015. It has a market capitalisation of US\$ 83.6 million.

Each gym is fully equipped with cardiovascular equipment, strength machines and free weights catering to a membership of up to

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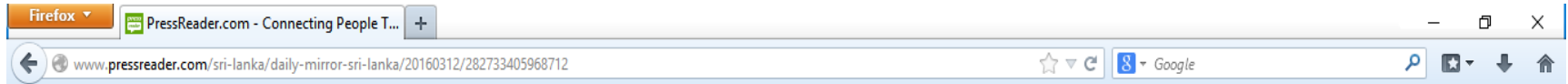
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Ten New Power World Gyms launched

Daily Mirror (Sri Lanka) 12 Mar 2016 +1 more

Power World is pleased to announce a strategic investment by Bombay Stock Exchange listed Talwalkars Better Value Fitness Limited, India, and the opening of ten brand new Power World gyms across the Greater Colombo area. Both partners boast a wealth of industry experience, as the market leaders in their respective countries. Together, these two powerhouses have set out on a ground-breaking endeavour to put Sri Lankans on the

fast-track to fitness.

The ten state-of-the-art gyms launched by Dayasiri Jayasekara, Minister of Sports on March 2 are located in Welisara, Kotahena, Kiribathgoda, IDH, Malabe, Kaduwela, Piliyandala, Dehiwela, Moratuwa and Panadura. Each gym is fully equipped with cardiovascular equipment, strength machines and free weights, catering to a membership of up to 1,000 in each location. The new Power World gyms are equipped with



From left: Sarath Wickramanayake - Chairman of Power World, Prashant Talwalkar, Managing Director and CEO of Talwalkars, Minister of Sports, Dayasiri Jayasekara and Talavou F. Alailima, Founder and Managing Director of Power World Gyms Limited.

top-of-the-line equipment brands such as Cybex, Life Fitness, Precore, Nautilus, Startrac and Flex in the designated 3,500 sq. ft. - 10,000 sq. ft. area. Each cen-

tre will have dedicated and qualified Fitness Instructors and Fitness Managers, providing members the opportunity to achieve their optimum fitness goals in the shortest possible time.

Talwalkars, in addition to being the leader in Indian fitness since 1932, was the first listed fitness company on the Indian stock market. It made its mark on the Forbes Asia's 'Best Under a Billion' list in 2013. With over 160 gyms across 84 cities in India, Talwalkars offers a diverse set of services including gyms, spas, aerobics and health counselling to an active member base of over 125,000. The rapid growth experienced by Talwalkars is a direct result of customer trust and the