Club EverStrong

Your leadership team, measured.

Longevity assessments and team sessions for companies, at our Bellandur studio.

Book a call on WhatsApp



Most disease starts twenty years before it shows.

20+

years of silent artery build-up

Before most heart attacks, with nothing felt along the way.

13

years of warning in the blood

Before type 2 diabetes is typically diagnosed (Whitehall II).

100+

people tested at our studio

With 50+ of them tracked again after training.

Five ways in, from one session to a full assessment.

Team Longevity Experience

from ₹1,500

Train, scan, recover.

Leadership Offsite Day

from ₹3,000

Adds a founder talk and team relay.

Team Baseline

₹6,000

Adds a blood panel for everyone.

Executive Assessment

from ₹8,000

The full assessment and a day with our founder.

Extended programme

12 to 20 weeks

Personalised training cohorts, from 2 people.

Per person, plus 18% GST.



Team Longevity Experience

Group training with live heart rate on screen

Body composition scan and a short consult

Guided red light, ice plunge and infrared sauna

Group size	Per person
2 to 4	₹2,500
5 to 15	₹2,000
16 to 30, minimum ₹30,000	₹1,500

Leadership Offsite Day

Half a day that leaves your team with numbers and a plan.

- Everything in the Team Longevity Experience
- A 45-minute founder talk on why the big four diseases start at your desk
- A scored team relay on sled, SkiErg, rower and wall balls

Group size	Per person
8 to 15	₹4,000
16 to 30	₹3,000

Team Baseline

Real data for your whole team, without the full executive day.

₹6,000

Per person, groups of 6 or more.

- Frontline blood panel: 85 markers, 11 conditions
- Body composition, phase angle and grip strength
- A group session on reading your own numbers
- Every flagged result handled one-to-one

Executive Longevity Assessment

Blindspot blood panel before the day: 97 markers, 14 conditions

Strength, VO2, movement and recovery, fully tested

Your EverStrong Biological Age and a 12-page report

A day with Muthu, our founder, on protecting your body in a high-pressure role

Group size	Per person
4	₹10,000
5 or more, minimum ₹45,000	₹8,000

The advanced Spectrum panel is available on request.



Add to any booking.

Founder talk at your office

₹25,000, credited in full against any booking within 30 days.

Team health report for HR

An anonymised group summary. Nobody is identifiable.

Team challenge day

An inter-team relay with a live leaderboard.

Office screening camp

Body scan, grip and blood pressure at your office. ₹1,200 per person, 25 minimum.

Joining offer for your people

10 extra credits for anyone who joins after a session.

Your people's results stay theirs.

One-to-one results

Only our qualified lead discusses a result, never in front of colleagues.

HR sees totals

Anonymised group numbers only, nothing that names anyone.

Not a diagnosis

We assess longevity and performance, and refer anything out of range to a doctor.

Club EverStrong

Book your team's first session.

Five minutes on WhatsApp to pick a format and a date.

Book a call on WhatsApp

WhatsApp +91 78928 19110

support@clubeverstrong.com

212 Palm Ave, Green Glen Layout, Bellandur, Bengaluru 560103

Close to Salarpuria Softzone, RMZ Ecospace and Embassy TechVillage

All prices per person unless stated, plus 18% GST.