

FUNDA SUPERWOMAN CLUB · BY DR. JYOTI SRIVASTAVA

Transform your body, skin and mind. From home.

A premium transformation program for women in their 30s, 40s and 50s: lose belly fat, heal DR, tone your body, bring back your glow and find your happiness again, with a sisterhood that won't let you stop.

▶ Watch the Superwoman song

Chat with our team on WhatsApp

Explore everything online: fitnessfundawithjyoti.com/superwoman

WHY IT KEEPS COMING BACK

You don’t need another diet. You need your last restart.

It’s not your age, and it’s not laziness. It’s the Restart Cycle.

Motivation → Diet or workout → First result → Life happens → You stop → Weight returns → Guilt → **Restart**

Belly fat, tiredness, broken sleep, dull skin, hair fall, rising numbers in your reports: these aren’t separate problems. They are signals from one system. Most programs only give you a diet and a workout, so the weight goes, life happens, and it comes back.

You don’t lack information. You lack a system that turns information into transformation.

The Superwoman Club is for you if

- ✓ You are in your 30s, 40s or 50s, managing home, work or both
- ✓ You have tried diets, gyms and YouTube workouts, and the weight came back
- ✓ Belly fat, low energy, broken sleep, dull skin or hair fall are telling you something
- ✓ You may have PCOS, thyroid or menopause changes and want support alongside your doctor
- ✓ You make your own decisions about your health and are ready to invest in yourself

It’s not for you if

- × You want “10 kilo in 10 days” or a magic pill
- × You are looking for one more shortcut or free tips
- × You are not ready to show up for yourself for at least three months

WHICH SUPERWOMAN ARE YOU?

Find yourself here

Every woman starts from a different place. Find the one that sounds like you, and tap “This is me” to tell our team.

The new mom

C-section or normal delivery, baby under 3

“My tummy still looks pregnant, and I’m scared to exercise after the C-section.”

Safe core rebuilding once your doctor clears you, diastasis recti (DR) work step by step, and workouts that fit around your baby.

START WITH
Trim Tummy & DR Healing
₹30,000 on its own, or in any Club plan

This is me

The busy woman

30s or 40s, managing home, work or both

“I’ve started and stopped ten times. There’s never time for me.”

Live home workouts at fixed batch times with same-day recordings, your own ghar ka khana, and a coach who checks in every day.

START WITH
Superwoman Club, 3 months
₹60,000

This is me

The hormone fighter

PCOS, thyroid or insulin resistance

“I eat less than everyone at home and I still gain weight.”

Strength, food, sleep and stress worked on together, built around your hormones and alongside your own doctor’s care.

START WITH
Superwoman Club, 3 months
₹60,000

This is me

The 45+ woman

Perimenopause or menopause

“My body has changed. Nothing that worked before works now.”

Strength for bones and joints, calm for sleep and mood, and a full year with women your age, through every season.

START WITH
Superwoman Club, 1 year
₹1,00,000 (best value)

This is me

The glow seeker

Hair fall, dull skin, looking tired

“My hair is falling and my face looks tired, even when I’m not.”

Face yoga, food for skin and hair, and stress care, with a live face yoga session with Dr. Jyoti every week.

START WITH
Skin & Hair Transformation
₹30,000 on its own, or in any Club plan

This is me

The woman who gives everything

Stress, low mood, emotional eating

“I look after everyone. Nobody looks after me, and I’m exhausted.”

Breathwork, meditation, movement and a sisterhood where no one judges you, with a live session with Dr. Jyoti every week.

START WITH
Stress to Happiness
₹30,000 on its own, or in any Club plan

This is me

THE SUPERWOMAN 3-STEP METHOD

From Version 1.0 to Version 2.0

Step 1 alone brings results that don't last. Steps 1 and 2 make them stay. All three together make you a woman who never has to restart again.

01

Superwoman Trimming System

Fat loss · Strength training · Home diet

Not just weight loss: body recomposition. We reduce fat and build strength together, because after 35 a woman's muscle is her metabolism. Same roti, same dal, eaten the right way, and workouts at home with a chair, dupatta and bottle.

02

Superwoman Lifestyle

Zero stress · Sleep cycle · Metabolism · Hormones · Fat-loss routine

The step almost every program skips. Stress, broken sleep and hormonal changes make the body hold on to weight. We build a routine that fits your day, so the results stay.

03

Superwoman Sisterhood

Support · Mentorship · Community · Accountability

Weight can come off alone, but it rarely stays off alone. When someone asks you every day, "aaj workout hua?", you don't stop. You become part of a lifelong family.

Fast · Simple · Easy



FIVE TRANSFORMATION PROGRAMS

One club. Your whole self.

Every Superwoman Club plan includes all five. Our team plans the order with you, starting where you need it most.



Trim Tummy Transformation & DR Healing Program

For the belly that comes first and leaves last: lose belly fat, rebuild your deep core and heal diastasis recti (DR) safely, step by step.

- **Live with Dr. Jyoti: Dr. Jyoti's 5-day workout plan, with a live Trim Tummy & DR Healing session with Dr. Jyoti every week.**

Read more online →



Upper Body Fat Transformation

Toned arms, a stronger back and better posture, so blouses, kurtas and sarees fit the way you want them to.

- **Live with Dr. Jyoti: A live upper body session with Dr. Jyoti every week.**

Read more online →



Lower Body Fat Transformation

Slimmer, stronger thighs and hips, and knees that feel younger, with joint-kind workouts you can do at home.

- **Live with Dr. Jyoti: A live lower body session with Dr. Jyoti every week.**

Read more online →



Skin & Hair Transformation

Work on pigmentation, dark circles, dull skin and hair fall from the inside out, with Dr. Jyoti's face yoga, nutrition and lifestyle routines.

- **Live with Dr. Jyoti: A live face yoga, skin and hair session with Dr. Jyoti every week.**

Read more online →



Stress to Happiness

For the woman who looks after everyone but herself: calmer mornings, deeper sleep and joy that comes back into your days.

- **Live with Dr. Jyoti: A live Stress to Happiness session with Dr. Jyoti every week.**

Read more online →

WHAT'S INCLUDED

Everything you need, and people who care

Personal assessment and plan

Your age, hormones, reports, kitchen and schedule shape your plan. Designed with you, not copied from a chart.

Live with Dr. Jyoti, every week

Dr. Jyoti leads 5 live sessions a week: upper body, lower body, Trim Tummy & DR Healing, face yoga for skin and hair, and Stress to Happiness.

Live home workouts

More live exercise sessions at different timings through the week on Zoom, done at home with simple props. Missed one? The recording is shared the same day.

Personalised nutrition

Dietitian support built around your ghar ka khana, with meal tracking. No separate cooking, no starving, no PDF diet.

Five transformation programs

Trim Tummy & DR Healing, Upper Body, Lower Body, Skin & Hair, and Stress to Happiness, planned in the order you need.

Lifestyle and hormone routines

Sleep, stress, metabolism and hormone-friendly routines, with meditation, breathwork, pain relief and mobility work.

Daily accountability

Daily check-ins, a coach who tracks your progress and bi-weekly reviews to adjust your plan as your body changes.

Dr. Jyoti with you

Direct access to Dr. Jyoti in the Superwoman group, alongside dietitians and coaches who know your story.

Sisterhood and retreats

A community of women walking the same path, and Superwoman Retreats where you meet your sisters in person.







MAKE IT SIMPLE

Which plan is right for me?

Read the three sentences below. The one that sounds most like you is your plan.

"I want to fix **one area** first: my tummy and DR, my skin and hair, or my stress." → **Single transformation program ₹30,000**

"I want to work on **more than one area**, and finally build a routine that sticks." → **Superwoman Club, 3 months ₹60,000**

"I want to change **my whole life**: body, hormones, energy, skin and mind, for good." → **Superwoman Club, 1 year ₹1,00,000 · best value**

One focus area

Single program

₹30,000

- ✓ **Trim Tummy & DR Healing**: Dr. Jyoti's 5-day workout plan, with a live Trim Tummy & DR Healing session with Dr. Jyoti every week.
- ✓ **Skin & Hair**: A live face yoga, skin and hair session with Dr. Jyoti every week.
- ✓ **Stress to Happiness**: A live Stress to Happiness session with Dr. Jyoti every week.

Want to work on more than one area? Every Club plan includes all five transformation programs.

Start here

Club · 3 months

₹60,000

under ₹667 a day

- ✓ For one or two focus areas, such as belly fat and DR, or upper or lower body.
- ✓ The complete Superwoman 3-Step Method
- ✓ Your choice of transformation programs, planned with our team
- ✓ Personalised nutrition with dietitian support
- ✓ 5 live sessions a week with Dr. Jyoti, one for each transformation program

Best value

Club · 1 year

₹1,00,000

under ₹274 a day

- ✓ For a complete transformation of body, skin and mind, with results that stay.
- ✓ Everything in the 3-month plan, for 12 months
- ✓ Time to work through all five transformation programs
- ✓ A full year of reviews, accountability and plan updates
- ✓ Support through festivals, travel and every season of the year

Ask us which plan suits you

Still not sure? Message us. We'll help you choose, with no pressure.

PLANS AND PRICE

Invest in the next 20 years of your health

Superwoman Club · 3 months

Start here

A focused 90-day transformation to break the restart cycle and build habits that last.

₹60,000 for 3 months

About ₹20,000 a month · under ₹667 a day

Best for one or two focus areas, such as belly fat and DR, or upper or lower body.

- ✓ The complete Superwoman 3-Step Method
- ✓ Your choice of transformation programs, planned with our team
- ✓ Personalised nutrition with dietitian support
- ✓ 5 live sessions a week with Dr. Jyoti, one for each transformation program
- ✓ Plus live home workouts at different timings through the week, with same-day recordings
- ✓ Daily check-ins and bi-weekly reviews
- ✓ The Superwoman Sisterhood and Dr. Jyoti in your group

Superwoman Club · 1 year

Best value

A full year to transform your body, skin, energy and mind, and to make the results your new normal.

₹1,00,000 for 1 year

About ₹8,333 a month · under ₹274 a day

Best for a complete transformation of body, skin and mind, with results that stay.

- ✓ Everything in the 3-month plan, for 12 months
- ✓ Time to work through all five transformation programs
- ✓ A full year of reviews, accountability and plan updates
- ✓ Support through festivals, travel and every season of the year
- ✓ The Superwoman Sisterhood, and the chance to meet at Superwoman Retreats
- ✓ Dr. Jyoti live with you every week, all year

One focus area

Single transformation program

₹30,000 per program

Trim Tummy Transformation & DR Healing Program

Dr. Jyoti's 5-day workout plan, with a live Trim Tummy & DR Healing session with Dr. Jyoti herself every week.

Skin & Hair Transformation

A live face yoga, skin and hair session with Dr. Jyoti herself every week.

Stress to Happiness

A live Stress to Happiness session with Dr. Jyoti herself every week.

Join on WhatsApp

Both Superwoman Club plans include all five transformation programs. Not sure which option suits you? Our team will help you choose.

SUPERWOMAN RETREATS

Months on Zoom. Then one day, you meet.

A place where every woman is like you, and no one judges. Meditation, sharing circles, Dr. Jyoti live on stage, recognition for the achievers, and a dance floor full of Superwomen. This is where a program becomes a lifelong family.











You finally meet your sisters
Women who trained together on Zoom for months meet in person.

Dr. Jyoti, live on stage
Talks on confidence, self-worth and keeping your transformation for life.

Meditation and relaxation
Guided sessions where women let go of years of holding everything in.

Sharing circles
Journeys, struggles and wins, shared, and the feeling of never being alone.

Celebrating the achievers
Superwomen recognised on stage, with their families cheering them on.

Dance and pure joy
FunDa means Fun + Dance. Every retreat ends on the dance floor.

▶ See the retreats online

▶ Watch Superwomen share their stories

▶ Watch the Superwoman song



MEET YOUR COACH

Dr. Jyoti Srivastava

Founder, Fitness FunDa with Jyoti

Dr. Jyoti created the FunDa Method, Indian dance fitness for real women's lives, after losing 23 kg at home following the birth of her daughter. Since 2018 she and her team have coached more than 15,000 women through live, women-only FunDa classes, and more than 1,000 Superwomen have trained with her in the Superwoman Club. She goes live with members 5 times every week.

- ★ Honorary Doctorate in Women's Health & Women's Empowerment
- ★ Diploma in Nutrition & Fitness
- ★ Bharat Vibhushan Puraskar 2024
- ★ Author, *ZERO STRESS FunDa*

How to join

1

Message us on WhatsApp

Say hello to our team. A Superwoman coach replies personally, in Hindi or English.

2

Share your story

Tell us about your weight history, health reports, routine and goals. We map out which transformation programs you need.

3

Choose your plan

Pick 3 months or 1 year. Your plan, nutrition and workouts are set up around your kitchen and schedule.

4

Start your transformation

Join your Superwoman batch, meet your sisterhood and begin with daily check-ins from day one.

If not now, then when?

Message our team on WhatsApp to join, or simply to talk it through.

Chat with our team on WhatsApp

Website: fitnessfundawithjyoti.com/superwoman · Programs: fitnessfundawithjyoti.com/programs · Retreats: fitnessfundawithjyoti.com/superwoman/retreats

Fitness FunDa with Jyoti offers fitness education and coaching, not medical advice, diagnosis or treatment. We support women with PCOS, thyroid, postpartum and menopause concerns alongside their doctor's care, and never ask anyone to stop medication. Individual results vary with consistency, age, health and routine.