



LAGUNA
LIFESTYLE



SGFITFAM PERSONAL TRAINING

SGFitFam offers a one to one session with a certified personal trainer, who will plan a customised training programme to achieve your fitness goals in the most efficient way possible.



PERSONAL TRAINING FLOW

Consultation (30 mins)

A complimentary online or Face to Face consultation can be done. It is provided for Members who would like to know more about personal training, packages and for us to know your lifestyle and fitness goals.

Trial Training Session (1 hour)

A one time trial session can be offered for Members to experience Personal Training after their consultation is completed.

Member: **\$120** per session

Measurement (15 mins)

Body composition measurements can be done during their face to face consultation, trial session or their first personal training session. This serves as a form of benchmark to check for progression in their training.

It is not compulsory and will be dependent on their fitness goals. Follow up measurements could be done anytime throughout their program as per the trainer deemed fit.

Personal Training Packages (1 hour)

Ad hoc training session: **\$160** per session

10 training sessions: **\$1440** (Save 10%) Valid for 3 months.

30 training sessions: **\$4080** (Save 15%) Valid for 5 months.

50 training sessions: **\$6400** (Save 20%) Valid for 8 months.

SERVICES

- Weight Loss
- Pre & Post-natal
- Muscle Tone
- Muscle Building
- Sports Performance
- Post-Rehab Reconditioning
- Mobility & Flexibility

Note:

1. Personal Training is available for Laguna National Members only.
2. All prices are in Singapore dollars and subjected to government prevailing tax.

Register your interest and enquiries by emailing lifestyle@lagunanational.com or call **6326 1949**.

INSTRUCTORS



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1. GINA CHAN (FOUNDER)

- American Council on Exercise (ACE) Certified Trainer
- Training Pregnant & Post Partum (*Fitness Innovations Singapore*)
- Exercise Nutrition, PN Level 1 (*Precision Nutrition*)
- Introduction to Sports Massage (*Changi Sports Medicine Centre*)
- Aqua Aerobics Instructor (FISAF)
- Pilates Matwork Instructor (*Bodytree Academy*)
- R.E.H.A.B Master Trainer
- Kettlebell Level 1 (*Australia Institute of Kettlebells*)

Training Types

Bodybuilding, Functional Training, Re-Conditioning, Weight Management

2. EDWIN TAN (QIGONG / TAI JI SPECIALIST)

- American Council on Exercise (ACE) Certified Trainer
- King Sports International Coaching Program (KSI) Level 2
- ITEC Diploma in Holistic Massage Level 3
- Introduction to Sports Massage (*Changi Sports Medicine Centre*)
- Agatsu Kettlebell Instructor Level 1
- TRX Suspension Trainer Certified Instructor
- Bulgarian Bag Specialist (*International Bulgarian Bag Confederation*)
- Eleiko Weightlifting Workshop Certification

Training Types

Rehabilitation, Qigong/ Tai Ji, Strength and Conditioning, Weight Loss

3. WESLEY CHOW (MOVEMENT SPECIALIST)

- Bachelor of Science (Sports Science) (*Edith Cowan University*)
- Pre and Post Natal Exercise Prescription (*Human Principles*)
- Club Weightlifting / Sports Power Coach 1 (*Australian Weightlifting Federation*)
- Sports Trainer Course / Sports First Aid Level 1 (*Sports Medicine Australia*)
- Reebok Core Training (*Reebok University Workshop*)
- Certified Personal Trainer (FISAF) (*Federation International of Sports Aerobics & Fitness*)
- Basic Exercise Course & Basic Sports Massage (*Singapore Sports Council*)

Training Types

Rehabilitation, Functional Fitness, Weight Loss, Strength and Conditioning, Calisthenics, Mobility, Pre/Post Natal

4. SHIERYLL RAQUENO (REHAB TRAINER)

- Bachelor's Degree In Physical Therapy (*Physiotherapy*)
- Pilates
- Zumba
- Diva Step
- Rehab Express (*Rehab Trainer Australia*)
- Sanct band (*Singapore Stroke Conference*)
- Nutrition for Weight Loss Weight Gain
- Flexibility Formulas
- Kardio Kombat - Sweat Shop
- Hi-Low Advantage

Training Types

Rehabilitation, Reconditioning, Mobility, Functional Fitness, Pre/Post Natal, Weight Loss/Gain

5. RELLA QUEK (REHAB TRAINER)

- Certified Personal Trainer (FISAF)
- Training for Pregnant & Post-Partum Clients (*FIT*)
- Integrated Soft Tissue Mobilization (*M2T BLADE*)
- Diploma in Alpha Alignment Therapy (*Alpha Alignment by Dr Robert Cote*)
- Rehab Trainer Essentials
- Trigger Point Performance Therapy Certification (*TPT*)
- Ashtanga Yoga Teacher Certification (*Ohm Santih Yoga, RYS200, Yoga Alliance*)
- KpopX Fitness Certified Instructor (*Dan-Z Fitness Pte Ltd*)

Training Types

Rehabilitation, Functional Fitness, Yoga, Weight Loss, Strength and Conditioning, IASTM

6. ABDUL HADI (PERSONAL TRAINER & STRETCH SPECIALIST)

- Diploma in Sports and Exercise Science (*United States Sports Academy*)
- CIBTAC (*Confederation of International Beauty Therapy and Cosmetology - United Kingdom*)
- Anatomy & Physiology
- WSQ Qualifications (*SPATEC Academy*)
- Basic Chinese Massage
- Full Body Massage (*Oil*)
- Hand & Foot Reflexology
- Facial Treatment

Training Types

Functional Fitness, Corrective Exercises, Bodybuilding, Weight Loss, Facilitated Stretching