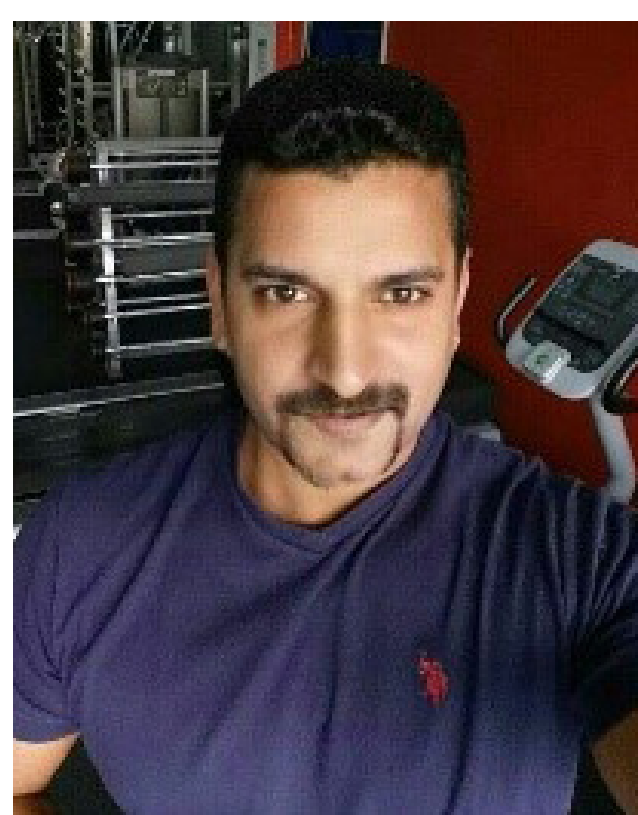




FITNESS COACH - CHRIS



I am Chris, a dedicated and passionate personal trainer with more than 25 years of experience in the fitness industry, bringing a wealth of expertise and passion to every training session. I empower individuals in achieving their health and fitness goals through personalised training program and motivational coaching. I'm here to tailor an experience that fits your unique needs, aspirations, and abilities. Let's redefine what's possible, one workout at a time.

Academic / Certifications credentials

- Fitness Instructor Course - Singapore Sports Council
- Exercise Course - Singapore Sports Council
- Crosscert RBT Essential Course
- Certified CPR/AED

Specialisation

- Crafting personalised training program based on individual needs, aspirations and abilities.

PT Packages (1.5hours)	Single Package	Twin Package
1 Session	SGD 90+	SGD 110+
5 Sessions	SGD 450+	SGD 550+
10 Sessions	SGD 800+	SGD 900+

All prices are in Singapore Dollars, subject to prevailing government tax (GST)

Location: D'Fit Gym

To register, please approach the Lifestyle Counter, email lifestyle@lagunanational.com or call **6326 1949**

