

Alex



Qualification

- BSc (HONS) Sports & Exercise Science, University of Leeds (U.K.), 2005
- Occupational First Aid and CPR/AED Qualified, October 2010
- Weight Management & Lifestyle Consultant (American Council on Exercise) 2009
- Advanced Level Gym Instructor – Level 3, YMCA, 2008
- Register of Exercise Professionals (REPS) – Member, from 2008
- Advanced Diploma in Sports and Leisure Management, National Home Study College, 2008
- Advanced Diploma in Diet, Health & Nutrition, National Home Study College, 2008
- Power Plate Certification – Dan Djoeandy at Cozy Studio 2009

Background

With 7 years in the fitness industry in the U.K. and Singapore, Alex specializes in weight loss, strength, and hypertrophy training. Alex has lived in Brunei and Abu Dhabi until the age of 11 and thereafter, moved back to the U.K. for further studies. He returned to live in Singapore in January 2009. Alex volunteered at the SPCA and who has done some modelling for ESPN/Saatchi&Saatchi, in Singapore, and was a cadet in the Royal Air Force/Army (Adventurous Training Corps) and a former professional rugby player with Leeds Tykes. Alex is a member of the Physique Athletes Association in Singapore (PAA), which supports and promotes physique athletes in the media.

Alex is a competitive Bodybuilder, recently winning the title of Mr. North East Britain (Class 1) in May 2010. He also has the title of Mr. York and has placed highly in other National Competitions in the UK. He aims to Compete in the Arnold Fitness Weekend in March 2011 in Columbus, Ohio as his next contest goal.

Something about Alex: Loves learning anything to do with athletic performance and fitness. Extremely driven to succeed with bodybuilding. Loves animals and likes to do things for a good cause- recently shaved his head for the Children's Cancer Fund (CCF) in July.

Bok



Qualification

- Fitness Instructor and Personal Trainer (FISAF INTERNATIONAL) Tae Kwon Do, Year 2001
- Fitness Instructor Course Level 1 (Singapore Sports Council) , Year 1997
- Pilates Fundamental Matwork (Pilates Institute) , Year 2006
- Polestar Pilates Allegro: 2008
- Polestar Studio: 2009
- Vibro-training: 2009
- Power plate: 2010

Background

Bok is a dedicated, passionate, and motivated Personal Trainer who strives to help her clients achieve their fitness goals in safe and effective ways. With 16 years of Group Fitness and 8 years of Personal Training experiences, Bok is able to help you achieve results within four weeks of personal training. Her best record was with one client who lost 9% of fat mass with just 8 sessions of PT within a month of. With an outgoing and fun personality, Bok can help you improve your fitness level and achieve your fitness goal in an exciting way. Bok's fitness specialty includes weight loss/gain, strength and conditioning, muscular hypertrophy, general health and fitness, rehabilitation, core and stability training, nutritional plan, and advice.

Something about Bok: She likes traveling and outdoor activities such as trekking and mountain biking as well as FOOD!

Deen



Qualification

- American Council on Exercise Certified Personal Trainer, 200909
- Basic Exercise Course from Singapore Sports Council, 2006
- American Muscle and Fitness Certified Strength and Conditioning Trainer, 2008
- National Coaching Accreditation Level 1 from Singapore Sports Council, 2009
- Fitness Anywhere Certified TRX Suspension Trainer, 2010
- Fitness Innovation Team Certified Basic Sports Nutrition, 2009
- Certified Power Plate Trainer, 2009
- CPR & AED Certified from Singapore General Hospital, 2009

Background

Deen has been in the fitness industry for the 5 years and is currently a freelance Personal Trainer. He specializes in muscle strength and toning, using the latest exercise techniques, such as using the TRX Suspension Trainer. If you are looking for a Personal Trainer with a different approach, rather than sticking to the normal exercise routine, to help you reshape your body and change your life, look no further ... Attain your best physique quickly and safely with him...

Something about Deen: He likes to play football, workout in the Gym, and watch movies.

Desmond



Qualification

- FISAF certified fitness trainer, Australia School of Sports Science, 18 Feb 1998
- Certification in Basic Sports Massage, Singapore Sports Council, 2001
- Mediball certified, Australian Health & Sports Science, 14 May 2004
- Occupational First Aider CPR/AED, Emergencies First Aid and Rescue @ AmClub ; Expiry date:July2012
- Myofascial Therapy & Mobilization, The Australian Graduate School of Health & Sports Science, 2007
- Power Plate Certification 2009, Dan Djoeandy Cozy Studio 2009

Background

Desmond has been working in the fitness industry for more than 12 years, of which 5 years were at The Club. Prior to joining The Club, he was a personal trainer with The Oriental Hotel. Desmond is passionate about weight training and has been training for about almost 30 years. Coupled with his strength in power lifting, body conditioning, and resistant weight lifting, he can help you train effectively and correctly with weights.

Something about Desmond: He likes to play snooker and watch movies.

Elaine



Qualification

- Basic Exercise Course , Singapore Sports Council, 1998
- London Central YMCA, Certificate in Exercise to Music, 1998
- Personal Leader & Personal Trainer, (FISAF – The Federation of International Sports, Aerobics and Fitness), 2002
- Les Mills International Certificate in BODYPUMP 2002, BODYCOMBAT 2003, RPM 2003, BODYBALANCE 2003, BODYATTACK 2004
- Certificate in Exercise & Pregnancy Course, Australian Graduate School of Health & Sport Science, 2007
- Australian Fitness Network, Pilates Matwork, 2003
- Fitness Institute Australia , Aqua Fitness Instructor, 2005
- Polestar Pilates, Matwork Level 1,2 & 3, 2006
- Cardio Pulmonary Resuscitation (CPR), 2008
- Muay Thai Basic Hand & Foot Pad Work, MuayThai Workshop ,2009
- Singapore Kettlebell Club, Certificate of Basic lifts Level II Proficiency Test, 2009
- Specialise Diploma in Sports and Exercise Sciences, Republic Polytechnic, 2009
- Powerplate Academy Training, Powerplate Level 1 :

Health and Fitness, 2010

Background

Elaine began fitness training since 1998. Her interest has led her to improving overall health and life-style for her clients over these years. Elaine believes in continual studies and advocates what she practices with her clients. She graduated from Republic Polytechnic with Specialise Diploma in Sports & Exercise Sciences in year 2009. Her passion is driven by her clients' achievements and discipline. She had also participated in the National Aerobics Championship 2001 Team's Open Step Category and came in 2nd. Feel free to approach Elaine regarding your fitness goals or for any wellness advice.

Something interesting about Elaine: She like Travelling, Running, Hiking & Teaching group aerobics classes.

Erwin



Qualification

- Bachelor's Degree in Physiotherapy, San Juan De Dios Educational Foundation Inc. Manila Philippines, 1994-99 Hospital/Clinic affiliations
- Philippine Center For Sports Medicine (Pablo Ocampo St. Malate, Manila)
- Philippine Orthopaedic Center (W2106B, Philippine Stock Exchange Building, Exchange Road, Barangay San Antonio, Ortigas Center, Pasig City, Philippines)
- St Lukes Hospital (279 E. Rodriguez Sr. Boulevard, Quezon City, 1112 Philippines)
- Cardinal Santos Medical Center (Wilson Street, Greenhills, San Juan, Metro Manila)
- San Juan De Dios Hospital (2772 Roxas Blvd., Pasay City Philippines, 1300)
- Specializes in Sports Rehabilitation such as: Sprain , Strain, ACL Post Operation Management, Soft Tissue Manipulation and Joint Mobilization
- Neurologic Rehabilitation such as: Stroke, Cardio Vascular Disease, Slipped Disk, Traumatic Brain Injury, Spinal Cord Injury, Parkinson,s Disease
- Pain Management using Electro Therapy , Hydro Therapy, Cryotherapy (Cold Therapy)
- Geriatric Rehabilitation (Elderly)
- Pre/Post Natal Rehabilitation
- Personal Trainer, American Council on Exercise (ACE), 2006
- International Fitness Association (IFA) Member, from 2006
- Cardio Combat, Kick Boxing, Body Toning, Boot Camp ,Circuit Training, (AFPP ,Manila 2000-2006)
- Sports Conditioning (Golf ,Badminton, Tennis, Basketball)
- Body Weight Training/ Gravity Training System, (AFPP ,Manila 2000-2006)
- Optimum Performance Training (Module 1) , 2008 SINGAPORE

Background

Erwin has been with the fitness industry for 11 years, specializing in Sports rehab and is currently pursuing to be a certified Exercise Specialist with the American Council on Exercise (ACE).

Something about Erwin: He likes photography, music, and movies.

John



Qualification:

• Fitness Instructor and Personal Trainer (FISAF INTERNATIONAL) , 2007
• Singapore Tae Kwon Do Federation Black Belt, 1996 • Physical Instructor of the National Police Cadets Secondary 1 to 4 (Fuchun Secondary) , 2008-2009 • SKY GROUP "X" INHOUSE Aerobics, Classes: ABS,BUTT&THIGHS/ CARDIO KICKBOXING/GROUP CIRCUIT • Fitness First Asia PT Foundation Program, 2009 • CPR and AED Certified, 2009

Background

John started Tae Kwon Do training when he was 5. His experienced and passion in Martial Arts helped him achieve his Black Belt in 1996. With this background, John moved into the group fitness industry conducting circuits with pad work and a mixture of martial arts using kicks, punches with weights, and cardio components.

He is a firm believer in making everything fun and interesting to keep fit and toned, as well as to relief stress and tension in life.

Something about John: He likes listening and playing music and plays the drums, on top of Martial Arts.

Mark



Qualification

• Fitness Instructor Certification by Singapore Sports Council, 1994 • AFPA (American Fitness Professional & Associates) Personal Training Certification, 2001 • Functional Training Workshop, 2001 • BodyPump Certification by Les Mills, 2001 • BodyBalance Certification by Les Mills, 2003 • Practical Sports Injuries Management, Lifefitness Academy, 2004 • Occupational First Aider CPR/AED certified by Emergencies First Aid & Rescue (Expiry July 2012) • Myofascial Therapy & Mobilization Level 1&2, The Australian Graduate School of Health & Sports Science, 2007 • Diploma in Sports Management by United States Sports Academy at Coleman College 2008 • Mad Dogg Athletics – Spinning Certification 2008 • Power Plate Certification by Dan Djoeandy at Cozy Studio 2009 • RKC Kettlebell Workshop 2009 • Muay Thai Basic Hand & Foot Pad Work, 2009

Background

Mark's involvement with the fitness industry started in 1994. An avid athlete even in his teens, Mark was an active track and field competitor, representing his school for many events. He was also a soccer player. From 1994 to 1996, Mark took up bodybuilding and competed at the national level. Before he started working at The Club in 1999, he was a trainer with World Gym. With years of experience and knowledge, Mark will be able to help you further understand and get on track with your fitness goals.

Something about mark: He likes Weight training, running, swimming, scuba diving, traveling and learn of Chinese arts & culture.

Michael



Qualification

• American College of Sports Medicine (ACSM), Certified Health & Fitness Specialist, 1998 • Experienced in prehab/rehab training, senior and pre/post-natal clients • Occupational First Aider CPR/AED, Certified by Emergencies First Aid & Rescue Pte Ltd • Myofascial Therapy & Mobilization, The Australian Graduate School of Health & Sports Science, 2006

Background

A native from Penang, Malaysia, Michael is a Singapore permanent resident (PR). He has been in the fitness industry for nearly 15 years, having worked as a personal trainer in two hotels, as well as co-managed two gyms at the Laguna Park and Hewlett Packard.

Something about Michael: He likes cycling and competed in the numerous biking/riding events in the U.S. and Singapore.

Earric



Qualification

• Certified Fitness Trainer, Lifestyle and Weight Management Consultant, (American Council Of Exercise)
• Certified Fitness Trainer, Fitness Nutrition(International Sports And Science Association)
• Kinesio Taping KT1 and KT2
• Myofascial Techniques Level 1 and 2
• TRX STC Certified
• WMC Muay Thai Boxing Instructor Certified

Background

Earric has spent more than 10 years in physical and cardiovascular optimization through aerobic & anaerobic exercises, strength & resistance training, flexibility & stability exercises, interval & functional training. Having been in the personal fitness training industry for close to 7 years now, he is skilled and professional in health, athletic and biomechanical functions. Representing Singapore for bodybuilding over the years, he has developed vast knowledge in diet and nutritional programs for weight and fat loss and also fat-free mass gain. Along with that, he has developed many successful regimes of training for a wide variety of people, from athletic to sedentary, and youth to senior.

Yattz



Qualification

• Certified Personal Trainer (AFPA) American Fitness Professional Associations since February 13, 2002
• Singapore Lifesaving Society; (SLSS) (Basic first aid knowledge; CPR & bandaging induction training, 10th October 2002)
• Free-Motion Equipment Specialist (Hands on training workshop series "Functional Overview of movement; 1st August 2005)
• Currently continuing fitness studies in Sports and Recreational (Studying and preparing for continuing studies from AFPA Advance - Master Personal Trainer Certification)

Background

With a total of 10 years in the fitness industries in Singapore, Yattz has been helping people improve their quality of lives through fitness. Be it from losing weight to improving one's posture and self-esteem. The key to achieving it is through determination and getting the needs and wants right. Yattz has what it takes to get you there!

Something about Yattz: He likes motor sports, radio-controlled helicopter flying, electronic gadgets, and to make people happy.