



LAGUNA

LIFESTYLE

Price starts at

SGD 155

For more information, please email
lifestyle@lagunanational.com or call 6326 1949



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FITFAN

Team FITFAN (Fitness Fanatics for short) is a sports coaching and fitness training service provider in the sports and fitness industry. With a team of experts boasting extensive experience in the field, we are well placed to help our clients grow and thrive - even in challenging times.

We had done projects with companies conducting fitness bootcamps, health and wellness workshops, group strength and conditioning programs for elite athletes and as well as gym management for school gyms. We believe in building long lasting client partnerships which will help us all grow.

Note:

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

INSTRUCTORS



1. FRANCIS (PERFORMANCE COACH)

I am Francis, a performance coach who founded FITFAN. I have a BSc in Sports Science and have been in the sport and fitness industry for over two decades. I am involved with coaching elite and recreational athletes in strength and conditioning for their sports. In addition, I was also the local trainer for the Biggest Loser Asia in Season 1 and 2, helping the returning participants in massive weight lost for the event finales. I believed I can be the one who will be part of your successful fitness journey.

Academic / Certifications credentials

- BSc (Sports Science)
- Australia Strength and Conditioning Association Certifications
- Functional Movement Screening Certifications
- Power plate Certifications
- EIMS Clinical Fitness Professionals' Certification (ACSM)
- BOSU and TRX Certifications
- Myofascial Release Level 1 etc

Specialisation

- Strength and conditioning training for elite athletes in various sports. Post rehabilitations for "getting back to sports". Functional training. Weight lost management. Corrective exercises training using Functional Movement Screening methodology etc



2. JULIAN (PERFORMANCE COACH)

My name is Julian, and I am a performance coach. Having completed a master's degree in sports science, I have been guiding athletes and active individuals in their sports performance and fitness endeavours for the past decade. Whether it's for improved performance for your tennis games or general health and wellness, I am here to guide you to be the best version of yourself.

Academic / Certifications credentials

- MSc (Sports Science)
- Certified Strength and Conditioning Specialist - National Strength and Conditioning

Association

- Level 1 Athletics Coach - World Athletics
- Level 1 Weightlifting Coach - Australian Weightlifting Federation etc

Specialisation

- Conducting workshops and seminars on fitness performance training. Strength and conditioning training for elite athletes in tennis, golf athletes etc



3. KEN (PERFORMANCE COACH)

I am Ken Lim, graduated with a Bachelor of Science (Exercise and Sports Science) with Minor in Physical Activity and Health from Edith Cowan University, Perth, Western Australia. I have close to 2 decades of experience with elite to school levels athletes ranging from aquatic sports to skill-based sports in their Strength and Conditioning Programs, in preparations for various major competitions like SEA Games, Asian Games and both Olympics and Paralympics Game. I am currently lecturing with Republic Polytechnic and Singapore Polytechnic as an associate lecturer for their Sport Science and Health/Fitness modules. I can be the coach who lights up the tunnel for you, leads and help you to achieve a New You.

Academic / Certifications credentials

- BSc (Exercise and Sports Science)
- Australian Strength and Conditioning (ASCA) certifications
- Certificate in Management of Sports Injuries (Nanyang Polytechnic)
- Sports Medicine Australia Level Sports Trainer and Sports First Aid
- International Association of Athletic Federation (IAAF) Level 1 Coach
- Australian Weightlifting Federation (AWF) Level 1 Coach
- Rehab Essential: Rehab Trainer Level 1
- Certified TRX Suspension Trainer
- Integrated Corrective Exercise Program Level 1, 2 and 3
- Certified Jumping Fitness Instructor
- Sports Medicine Australia Level Sports Trainer and Sports First Aid
- Eleiko Weightlifting Course etc

Specialisation

- Conducting workshops and seminars on fitness performance training. Strength and conditioning training for elite athletes in various sports. Pre and post rehabilitations, care and preventions of injuries etc

INSTRUCTORS



4. ANGELIN (PERFORMANCE COACH)

This is Angelin, graduated with a Bachelor of Science (Exercise and Sports Science) from Edith Cowan University, Perth, Western Australia. I am your “walk the talk” trainer whom you can trust with your fitness goals. Mid-life career change from a financial analyst to a fitness trainer back in 2007, showed my passion and determination to lead and educate more people. I had raced in marathons, triathlons and even half iron man races. I also love trekking and I had trekked up to the Mount Kota Kinabalu summit, one of my many more trekking adventures. Let’s get in touch and see how we can have a great adventure together.

Academic / Certifications credentials

- Bachelor of Science (Exercise & Sports Science)
- Bachelor of Science (Finance-2nd class Honours)
- Swim coach - American Swimming Coaches Association
- Kickbox certification - Interactive Fitness Trainers of America
- Aqua Fitness certification - Interactive Fitness Trainers of America
- Exercise is Medicine Singapore Clinical Fitness Professionals course - ACSM
- National Coaching Accreditation Programme (NCAP) Theory Level 3 Course – Singapore Sports Council
- Australian Strength and Conditioning Association certifications
- NSCA Certified Personal Trainer
- Nordiac Walking Training Certification
- BabySmart Basic Training course

Specialisation

- Conducting outdoor workouts in functional training, exercises programs for improvement in general health and fitness, weight management, aqua fitness workouts, women specific trainings, specific strength training for triathlons etc



5. RAM TOH (PERFORMANCE COACH)

This is Ram, I am a performance coach with over 2 decades of experience in the fitness industry. I have a Bachelor of Science from Edith Cowan University. Fitness is my passion. I was a competitive canoeist and I had also completed 3 marathons and 8 ironman races. In addition to been a personal trainer and coach, I am also experienced in managing fitness clubs and educating fitness coaches. In my work, I have trained clients in improving their rock-climbing fitness, triathlons and marathon etc. I have worked with autism children and the elderly in improving their health and fitness. I have also assisted clients who had neck, lower back and knee injuries in improving their conditions.

Academic / Certifications credentials

- Bachelor of Science in Sports Science
- ACE CPT
- Sports Massage
- Functional Trainer Certifications
- Rehab. Trainer Certifications

Specialisation

- Sports specific conditioning, weight loss management, functional training, rehabilitation, wellness



6. PAUL OH (PERFORMANCE COACH)

Previously a Head and Senior strength and conditioning (S&C) coach, I had the experience of leading a team of coaches in delivering S&C services to Singapore’s national athletes to prepare them for major competitions such as the Olympic games, Commonwealth games, Asian games, South East Asian games and World championships.

Now working as a Sports and Exercise Science Educator, I conduct courses to train the next generation of sports and fitness professionals to achieve greater heights in helping others obtain optimal health and fitness. I am also currently coaching people with chronic health issues to reach their health goals.

As a lifelong sports and fitness enthusiast, I had completed multiple triathlons and practices functional fitness training and martial arts in my free time.

My approach to coaching is to encourage the co-creation of fitness and exercise programs with my clients. Through this approach, I hope to inspire and motivate my clients to view health and fitness as a worthwhile pursuit for lifelong well-being.

Academic / Certifications credentials

- Bachelor of Science in Sports Science
- Master of Exercise Science in Strength and Conditioning
- Master of Science in Food, Nutrition and Health
- Certified Strength and Conditioning Specialist (NSCA)
- Certified Exercise Physiologist (ACSM)

Specialisation

- I specialise in the application of strength and conditioning science for sports performance and functional fitness and have special interest in working with people with chronic health issues. I also conduct courses, workshops and seminars in the areas of sports and exercise science.