



# PERSONAL TRAINER AND BOXING COACH

## BORCHEN DU



Borch is a certified personal trainer and nutrition coach, who specialises in functional fitness training for toning and general health, as well as advanced boxing and calisthenics. He has a competitive sporting background across many disciplines, including boxing, basketball, table tennis and chess, elements of each are incorporated in his training methodology for the most effective workout, both for the mind and the body. He also brings with him previous experience of coaching at a boxing club in England and running various fitness boot camps and wellness retreats across Europe. Feel free to consult with him about diet and physical training whether you are looking to toning, strengthening, or simply learning new exercises. *(He is fluent in English, Chinese and Spanish)*

### MOVEMENT FITNESS ACTIVITIES

#### BOXING LESSON

One of the oldest combat sports in the world, boxing, is an incredible way to workout. Our certified trainer will guide you through combination of cardio warm up, boxing, and of course, core work. A fun way to tone and strengthen the body as you punch the stress away.

Single lesson Adult/Kid (60 mins)	USD 100/USD 75
3 sessions Adult/Kid (60 mins)	USD 260/USD 195
5 sessions Adult/Kid (60 mins)	USD 400/USD 300

#### PERSONALISED TRAINING

Offering a vast array of individualised training programmes to maintain your fitness level while at the resort and beyond for your return home. Sessions can be held in the Fitness Centre or outdoors.

Single/Three/Five sessions (60 mins)	USD 80/USD 200/USD 300
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<b>BEACH BOOTCAMP</b> (45 mins)	USD 70
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This fun and intense outdoor exercise focuses on fitness and toning. Combining HIIT style, functional training elements such as crawls, Kettle bell swings, cardio, group games, and stretching. All elements would be tailored to your experience and training level.

<b>BEAT UP COACH BORCH</b> (25 mins)	USD 40
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Challenge Borch to a sparring round to try to win a free training session if you manage to land 3 clean punches on him. The session will include mobility, hand wrapping and stretching. For more information, rules and regulation, kindly contact Spa team

<b>GROUP/FAMILY FUN-EXERCISE</b>	USD 250
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For 4 to 6 guests (45 mins)  
Customized fun exercises or series of challenges aimed to make work out session more fun, building connections and teamwork.

*Couple's and Larger private group classes options are available on request. All prices are in US dollars and inclusive of 10% service charge and 12% GST. For further information or bookings, please contact the Anantara Spa on ext. 3045 or on the Anantara app.*