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Personal Trainer Profiles

Personal Trainer Profile Mike Del Rosario

Mike is a certified personal trainer with over 20 years of experience in fitness and wellness, expertise in functional training and body shaping. Mike offers personalized programs with dynamic training methods, helping guests to achieve their fitness goals efficiently.

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Personal Trainer Profile Michael Dinlasan

Michael is a veteran personal trainer with over 15 years of experience, specializes in *Training, Dietary, and Goal Challenges*. Hence, every session will be fun, sweaty and satisfying, committed to helping guests to achieve their fitness goals and improve their health, as he believes well-being is the most important investment in life.

HONG KONG



Personal Trainer Profile Anny Lau

Anny is a certified personal trainer with over 10 years of experience in changing the physique and improving the health of her guests. Specializing in training plan customization to deliver ultra-efficient results, Anny believes in building strong relationships with her guests, and passionate in helping them to achieve and sustain a well-balanced, delightful lifestyle that minimize the risk of future health-related issues.

