

Fitness

One Stop  
Fitness Solution

## About Us

Fitness 360 International was established in 2005 by an elite group of individuals from the fitness industry.

Fitness has become an everyday part of an average individual's lifestyle. The phenomenal growth of the global fitness industry is perhaps arguably unrivalled by any other industry in the world today. It is the intention of this company to lead this growth in Singapore and in the region.

The company is led by a team from diverse backgrounds. We possess an invaluable wealth of experience gained from working for numerous years in high profile positions in both local and internationally acclaimed fitness companies.



The company's commitment is to consistently provide an efficient and high quality service to all its clients. Our vast experience in the fitness industry enables us to anticipate a client's varying needs and employ creative solutions to not only meet but also exceed the client's expectations.

We will **do** the  
research;

we **have** the  
resources.

You get the results.



## Our Services

### **Gym Management**

Fitness 360 currently operates and manages one of the most successful fitness centres in Singapore: Gym 360 at the Gallery Hotel.

We have what it takes to manage a gym in every aspect from promotions / marketing, professional operations, personal training and maintenance.

The site is operated by our team of experts. This ensures that clients have the reassurance of our management and experience to draw on a dedicated and loyal pool of members / guests.



## Gym Design & Installation

Our design and installation experts will make your location the most attractive, desirable and convenient for everyone who lives, visits or works there.

Fitness 360 International brings you the most convenient, cost efficient way for you to maximize the attractiveness of your apartment building, hotel or business.

## Events / Project Management

Fitness 360's experience in Sporting Events management will enhance any event planned by your organisation. Our expertise includes organising various events, such as Team building, Motivational Campaigns and Group

Exercise Classes. We break the monotony of exercise by incorporating elements of fun into all our programs.

## Personal Training

We are specialists in personal training. Fitness programs are tailored to meet individuals' goals and circumstances. Sympathetic to your requirements, our highly qualified and skilled personal trainers ensure quality workouts in a location that suits you.

Fitness 360's Personal Training continues to provide customers with training excellence. Training can be in groups or one to one. Whether you prefer to train at work, home or in our gym, we help you maximize the benefits from the time you have.

Our teams' dedicated approach, underpinned with industry knowledge and distinctive skills, helps you achieve well-being through planned exercise and strategic eating plans. Whatever your life-stage, personal training provides momentum for achieving long-term healthy living.

## Gym 360

Escape the stress of modern city life. Nurture a healthy balance of body, mind and spirit. Make a change and focus on your body with our state-of-the-art gym at the Gallery Hotel.

The bright area, with views through floor to ceiling glass walls, contains all the latest equipment for resistance training, muscle development and cardiovascular health.



*Fitness***360**  
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