

SINGAPORE AREA COORDINATOR



Hours:

Mon-Fri 05:00-20:00

Sat & Sun 08:30-17:30

US Holidays 10:00-15:00

Email: mwrsingaporestaff@outlook.com

Phone: +65 6750-2482

PRICING

Initial Assessment
(1 person) \$25.00

One 1 Hr Sessions
Novice PT (0 - 2yrs) \$30.00

Intermediate PT (2 - 4yrs) \$35.00

Advanced PT (4+ yrs) \$40.00

All prices in USD

Gift Certificates for training
sessions available.

Currently only novice personal
trainers are available at the FFC to
assist you in your fitness goals.



Mike Szewczyk



Being a lifetime athlete in many sports; from mainstream football, track or volleyball to 14+ years of outrigger canoe paddling in Hawaii, achieving top ten in the world competition.

I look forward to using a wide range of experience and understanding while working together to create a program to meet the needs and goals of each individual, whether it be for better health, stress relief, good mood, weight loss, muscle growth, injury or compensation. Using the right motivation we will strive to succeed in fueling and looking good to be happy.

CERTIFICATIONS

- Certified Personal Trainer - ACE
- Certified Group Fitness Instructor - AFFA
- Certified TRX Instructor
- NOFFS
- Navy Operational Fitness Fueling System
- Certified ARC CPR/AED

Jennifer Riordan

“A body in motion stays in motion”



Hi! I'm Jennifer, and I'm excited to help you change your habits and your life! Our habits are so powerful. What do your habits say about you? What story do they tell? Would you like them to tell a different story?

That's where I come in! I can design a personalized exercise program for you, help you track/change your eating habits, and most importantly - **HOLD YOU ACCOUNTABLE!** Having that appointment on your calendar will make all the difference. I will help you push through that difficult period of habit change and you will get to experience the benefits of better exercise and nutrition habits: improved body composition, lower resting heart rate, improved fitness, possibly lower cholesterol, better blood sugar control, better sleep, and you will **FEEL** better! Let me help you make the changes you've put off for too long! Get in motion now so you can stay in motion later!

Jennifer is a former Surface Warfare Officer, marathon runner, mother of three, and adventure sport enthusiast. She is personally experienced with training for road running races and the PRT, maintaining fitness during pregnancy, recovering fitness after pregnancy and/or surgery, and postpartum weight loss.

CERTIFICATIONS

- Certified Personal Trainer - ACE
- Certified CPR/AED Naval Hospital Yokosuka