

AT YOUR VILLA,  
HOTEL OR RESIDENCE

# PRIVATE PERSONAL TRAINING

Strenght • Mobiity • Flow • Recovery

Personalised private training in Saint-Martin & Sint  
Maarten, designed around your goals, level and energy.



## THE APPROACH

Training should adapt to you — your body, your goals, your level and your energy that day.

My approach combines strength and resistance training, mobility, conditioning and controlled movement to help you feel stronger, move better and train with purpose.

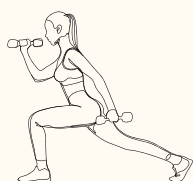
No fixed routine. Every session is personal.

## RATES

1 session (60 min) €130

Additional guest +€30 per person

All training equipment provided.



### STRENGTH

Build strength, power and confidence.



### MOBILITY

Improve mobility, range of motion and ease of movement.



### FLOW

Move with control, coordination and fluidity.



### RECOVERY

Recover better, release tension and reset.



LET'S FIND  
THE RIGHT SESSION  
FOR YOU