



ST. GREGORY

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## FOR IMMEDIATE RELEASE

### Functional Fitness Hits the Spot at St. Gregory

Integrated lifestyle management brand St. Gregory launches new and specially designed functional training programme to help adults deal with everyday life with increased strength and agility

Is it time to rethink your workout?

Health-conscious adults the world over are flocking to the gyms' exercise machines in an attempt to get the better of the urban sedentary lifestyle, many of whom hold the dream of achieving a slimmer silhouette and healthier body by training specific muscle groups.

But all the crunches, knee extensions and treadmill pounding can only do so much. How many of us still find it a pain to use the squat toilet; have problems lifting heavy packages without hurting the back or arms; or simply have creaky joints and stiffness sooner than we should?

#### Enter the solution – functional training.

St. Gregory is launching an all-new specially designed **Functional Fitness Programme** to help adults improve more than the strength and tone of a muscle or a group of muscles; it helps adults improve the ease of everyday movements including squatting, bending, lifting, pushing, pulling, standing, walking, turning, reaching and more.

Think of it as Form Meets Function – functional training not only gives a complete body workout to tone up and slim down, it also improves movement agility and strength, which are vital skills throughout one's life. It also enhances the way we go about our tasks while preventing injury – for instance, reaching for and carrying sizeable loads becomes a breeze as one develops the right posture and ability.

#### Multiple Benefits

St. Gregory's Functional Fitness Programme is rich in benefits for men and women of all ages, fitness levels and interests. After just three introductory sessions, participants will feel better, leaner and experience first-hand the difference functional training makes in their lives.

> Enhance daily movements – For example, young parents will benefit from the moderate lifting as they need to carry their toddlers for extended periods of time.

> Prevent injury – Functional training helps develop the right posture, strength and joint movements so physical actions in practical situations can be performed with ease. This reduces the chances of suffering from common injuries like a slipped disc or knee problems from climbing stairs and squatting.



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- > Help athletes become more well-rounded – For example, marathoners may have great stamina and endurance but might need to build strength.
- > Rehabilitation – Helping patients return to their physically-demanding jobs after injury or surgery
- > Overall fitness improvement and a leaner body – St. Gregory's Functional Fitness Programme includes a heart-pumping circuit training workout that will give one a high-intensity full-body workout.

### **Full Fitness Experience in an Exclusive Setting**

At St. Gregory, you get to enjoy your workout in an exclusive and premium environment set against an idyllic Balinese backdrop. The gym is equipped with the finest and latest in fitness machines, and a half Olympic-size swimming pool is available for a post-workout dip. There is no jostling and queuing for the next treadmill, or to use the bathrooms.

Fancy a sports massage or foot rub for a total well-being retreat? St. Gregory's award-winning spa establishment is adjacent to the gym, and boasts the finest treatments and therapists scouted from all around the region.

The **St. Gregory Functional Fitness Programme** comes in a value-packed introductory package which includes:

- 3 Personal Training Sessions customisable to each participant's needs (60 minutes each)
- 1 Anti-Stress Massage (30 minutes)
- 1-month St. Gregory membership which provides unlimited access to all fitness classes and facilities including gym and swimming pool

**Price:** \$250 (U.P \$530)

**Buddy Up** – Train with your best pal for motivation and better value at \$400 for two persons.

### **St. Gregory Functional Fitness Programme is available exclusively at:**

PARKROYAL on Beach Road

7500 Beach Road, Level 4, Singapore 199591

Reservations & enquiries: +65 65055755 / [sgs.enquiry@stgregoryspa.com](mailto:sgs.enquiry@stgregoryspa.com)

### **For more information and media interviews, please contact Touch Communications:**

Pamela Tan Email: <a href="mailto:pamela.tan@stgregoryspa.com">pamela.tan@stgregoryspa.com</a> Tel: 9190 1484	Mindy Ng Email: <a href="mailto:mindy@touchcomm.com.sg">mindy@touchcomm.com.sg</a> Tel: 9678 9184
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### **About St. Gregory**

Established in Singapore in 1997, St. Gregory is an integrated lifestyle management built on our unique four pillars of therapy, fitness, aesthetics and active ageing. A pioneer and market leader in the spa and wellness industry, St. Gregory continuously sets the trend for excellent expertise, offering specialised and traditional healing therapies ranging from Chinese Tui Na to Javanese massages and Ayurveda treatments, combined with advanced technologies and techniques from the United States and Europe. The outlets also have comprehensive fitness and wellness facilities to enhance your total well-being. St. Gregory is currently found in Singapore, Malaysia, Japan and soon, China, and is part of the Pan Pacific Hotels Group, which also manages PARKROYAL Hotels and Resorts, Si Chuan Dou Hua Restaurants and PARKROYAL Residences.

### **About Pan Pacific Hotels Group Limited**

Pan Pacific Hotels Group Limited is a listed hotel subsidiary of Singapore-listed UOL Group Limited, one of Asia's most established hotel and property companies with an outstanding portfolio of investment and development properties. Based in Singapore, Pan Pacific Hotels Group owns, manages and/or markets over 30 hotels, resorts and serviced suites with over 10,000 rooms in Asia and North America including those under development. The Group comprises two acclaimed brands: Pan Pacific® and PARKROYAL®.

Pan Pacific® is a leading brand in Asia and the Pacific Rim situated in key cities of distinguished destinations offering premium accommodations and services. PARKROYAL® is a regional Asia Pacific brand which promises a lifestyle-approach to hospitality that will leave guests with an experience to remember. For more information, visit [pphg.com](http://pphg.com)