



Get Fit with Coach Golf Personal Trainer.

Recognized as one of the top fitness professionals in Phuket, Coach Golf has been helping his clients safely and effectively get into the shape they want. Whether you want to build muscle, burn calories, or just get moving, Coach Golf's personalized training instructions will help you achieve a wide range of fitness goals. Programs available for beginners right through to the advance!

Personal Training Session: THB 800 net per person per hour

- Fitness training consultation
- Build muscle
- Functional training
- Strength training
- Lose weight
- Get fit

For any bookings, please call Coach Golf, our Personal Trainer, at 076 360 250. A one-day advance reservation is recommended.

OUTRIGGER[®]
SURIN BEACH