

WORKSHOP GYMNASIUM

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INTRODUCTION 关于我们

“WORKSHOP Gymnasium is the destination for the most customised workouts in the world.

Renowned for training actors and models around the world, creating healthy bodies and healthy minds is what drives us in all we do. From the quiet luxury of The Bvlgari Hotel Shanghai, a real WORKSHOP is in progress, led by founder and world renowned celebrity trainer Lee Mullins and his team of highly experienced and qualified performance specialists.

The team have a unique approach aimed at maximising the tone, health and happiness in every one of our clients, in the quickest time possible. Each trainer specializes in a variety of one-to-one training methods designed to refine the way your body looks and feels. Our specialist induction process involves our signature WORKSHOP Framework Assessment, a unique series of body evaluations that help us to create the most customised training programme for you, in order for you to see visible results.

We are here to help make meaningful changes to your body and soul, let's get to work!

WORKSHOP Gymnasium私人训练课程诠释了私人定制健身课程的新概念。

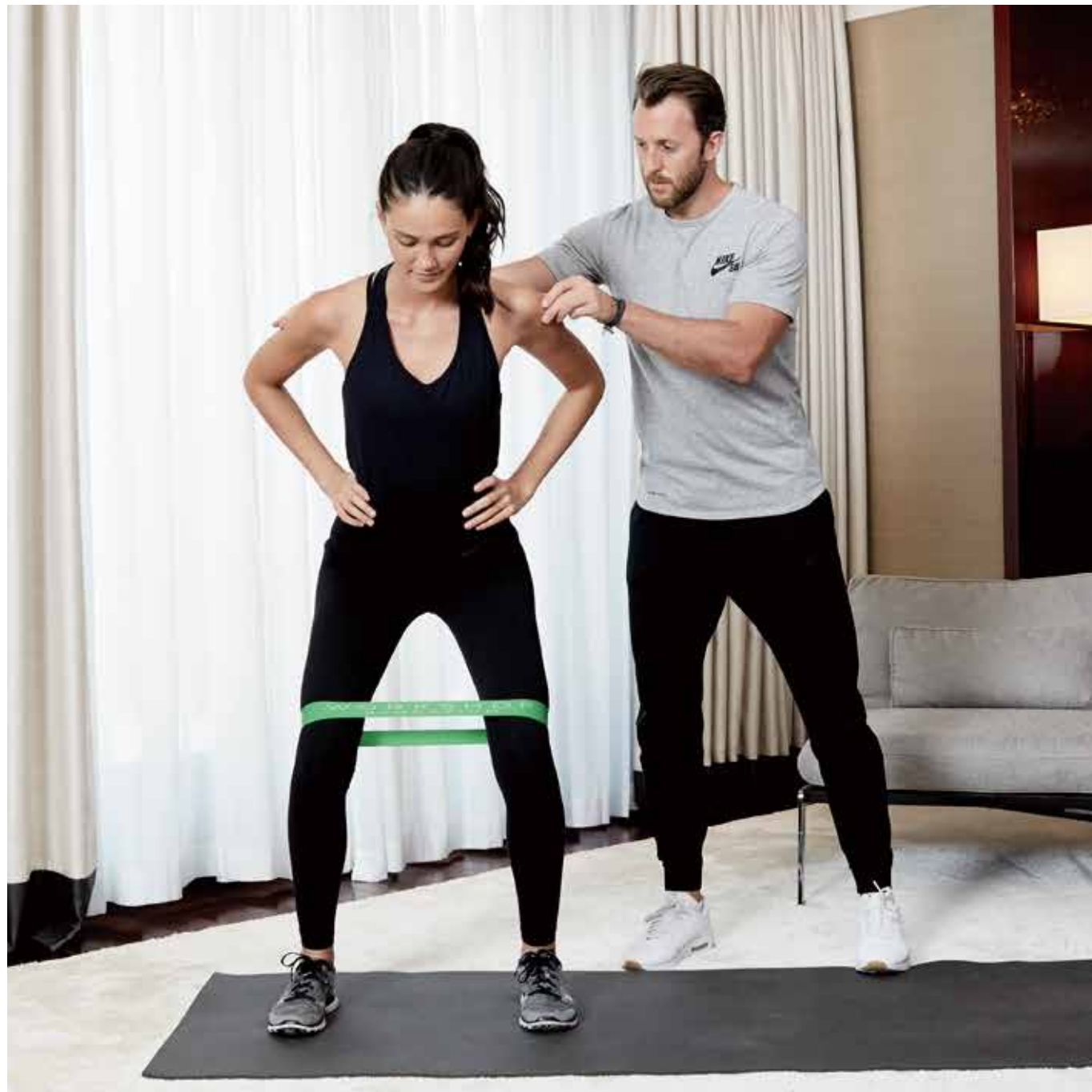
因训练世界著名的演员和模特而在全球广受追捧，帮助每一位客人打造健康的身心是驱使WORKSHOP Gymnasium不断开拓的动力。上海宝格丽酒店WORKSHOP Gymnasium私人训练课程、将专业的健身教练、前沿的健身器械及先进的健身科技相结合，为宾客打造效果显著的健身计划，诠释康体新概念。

WORKSHOP Gymnasium私人训练课程包含一系列独特而完善的身体评估，每一项一对一的健身计划均根据宾客的自身特点量身打造，包括训练、饮食、营养等全方位计划，最大程度的激发宾客的身体潜能，打造完美健身效果。

现在就加入我们，实现您身体与灵魂的蜕变吧！

Lee Mullins

Lee Mullins, WORKSHOP Founder



WORKOUT SERVICES 健身课程

PERSONAL TRAINING

Our personal trainers are experts at motivating clients to achieve visible results. We specialize in designing customized workouts that achieve your desired goals, whatever they are – from losing weight, toning and recovering from an injury up to building muscle or training for a marathon. To facilitate progression, our trainers also create bespoke nutrition and supplement programs to optimize your training.

One-to-one training sessions range from RMB 1,100 - RMB 2,000/Hour

私人训练

我们经验丰富的私人教练善于激励客人达到效果显著的健身成果。无论是减脂、塑形、增肌，还是马拉松训练，我们都有专门定制的课程来帮助您完成目标。在训练的同时，我们还会为您定制专业的饮食及营养方案，以达到非凡的健身效果。

一对一训练课程：人民币 1,100元 – 2,000元/小时

DYNAMIC PILATES

Combining strength, stretching and relaxation exercises, Pilates minimizes pressure on the joints and improves poor posture, creating an athletic physique without adding bulk. We offer both classical Pilates and the more modern Dynamic Pilates, using the state-of-the-art reformer equipment, springs and ropes for all-over body-conditioning.

One-to-one session: RMB 1,100/Hour

普拉提

普拉提将力量锻炼、拉伸与放松练习相结合，将对关节的压力减至最小，有效纠正身姿，打造运动员般的矫健的体魄。我们不仅提供经典普拉提，还有采用弹簧和绳索等先进器材的更为现代的动态普拉提课程。

一对一课程：人民币 1,100元/小时

BOXING

Learning how to throw a punch not only boosts the confidence, but is one of the quickest ways to achieve a taut physique, as well as boosting strength, agility, coordination and endurance. We combine work on heavy bags, jump rope and bodyweight exercises to achieve a strong, lean body.

One-to-one session: RMB 1,100/Hour

拳击

打拳不仅能够增强自信心，更是一种可以达到快速塑形，增强力量，提高身体敏捷度、协调性和耐力的锻炼方法。我们的拳击课程将击打沙袋、跳绳，以及各项力量训练相结合，为您铸造强健而苗条的身材。

一对一训练课程：人民币 1,100元/小时

SWIMMING

One of the most effective ways to work the entire body, swimming improves the body's ability to burn fat, strengthens breathing and tones the entire body, and as your weight is supported by the water, it's the best method of training if you have an injury. Swimming is also said to bring about a sense of mental wellbeing. All our private one-to-one swimming workouts are conducted in our spectacular 25-metre pool.

One-to-one session: RMB 1,100/Hour

游泳

游泳是能够锻炼到全身肌肉的有效方法，它不仅能提高身体燃烧脂肪的能力，还能增强呼吸，调节整个身体的平衡。由于在游泳的过程中身体受到水的全面支撑，所以游泳也是身体受伤时好的运动方式。我们的一对一游泳训练课程将在25米游泳池进行。

一对一训练课程：人民币 1,100元/小时



YOGA

The benefits of yoga have been documented for centuries, and range from improved flexibility and strength to better concentration and enhanced stress management. Suitable for everyone of any ability, it can be practiced with no special equipment or venue, and there is no end to mastering the techniques. Each of our experienced practitioners has their own specialty, from Ashtanga Vinyasa to Hatha, and will adapt techniques to your individual needs. One-to-one private sessions take place in our workshop studio space.

One-to-one session: RMB 1,100/Hour

瑜伽

瑜伽运用古老而易于掌握的技巧，来改善人们生理、心理、情感和精神方面的能力，是一种可以达到身体、心灵与精神和谐统一的运动方式。瑜伽适于任何人，可以在任何场地练习。从阿斯汤加瑜伽到哈他瑜伽，我们每一位经验丰富的教练都有自己擅长的瑜伽领域，可以根据您的身体状况和需求搭配合适的训练内容。一对一瑜伽私教课程会在workshop教室进行。

一对一课程：人民币 1,100元/小时

FASCIA RESTORE & RELEASE

Exclusively available at WORKSHOP GYMNASIUM, Fascia Restore & Release is a unique therapy that stretches the fascia of the body to increase flexibility and mobility. Fascia Restore & Release (FRR) is a combination of deeper stretching movements, massage techniques and instrument assisted therapy to improve posture, optimize recovery and enhance your movement. This treatment is successful at removing tension held in the joints, which often causes tightness or pain, allowing for improved movement quality. Carried out on a massage table in one of our private treatment rooms or in the comfort of your own room, FRR offers a deeply satisfying way to improve flexibility, lower stress, wind down, and recover from workouts.

One-to-one session: RMB 1,150/Hour

*Also available in the comfort of your room.

筋膜恢复放松训练

WORKSHOP GYMNASIUM 独创的筋膜恢复放松训练通过拉伸身体的筋膜来增加身体灵活性和机动性。筋膜恢复和放松 (FRR) 训练包含一系列深度拉伸动作, 配合按摩及仪器的辅助治疗达到矫正身姿、增强身体运动机能的效果。该疗法可以有效消除关节紧张和疼痛, 从而提高运动训练的质量和效果。FRR是提高身体灵活性、缓解压力, 及运动后深度放松的惬意之选。此项训练可在理疗室进行, 亦可在您的房间内进行。

一对一课程: 人民币 1,150元/小时

*可在您的房间内进行



ASSESSMENT SERVICES 身体评估

FUNCTIONAL MOVEMENT SCREEN (FMS)

Documenting the body's movement patterns to highlight asymmetries and imbalances, this test is used by professional athletes to determine a training program for optimum movement. Seven movements are assessed to help identify any limitations in stability and mobility, helping to remove any guesswork in regards to what you need to be focusing on within your training. Following the assessment, a detailed individual workout plan is designed to decrease the risk of injury when you train and help rebalance the body and ensure optimum performance.

One-to-one assessment: RMB 1,100

*Also available in the comfort of your room.

功能性运动测试

功能性运动测试（FMS）是一种革新的动作模式质量评价系统，专业运动员多采用这种方法来制定有效的运动训练方案。通过7个基本的评估动作，受测者在身体稳定性和灵活性的薄弱环节和不平衡特征会充分地表现出来。根据评估结果，我们会为您制定更有针对性的锻炼方案，旨在减少您在运动中受伤的风险，达到显著训练效果。

一对一评估测试：人民币 1,100元

*可在您的房间内进行

BODY COMPOSITION ASSESSMENT

We assess your overall body composition by measuring the skinfold of 12 sites on the body using skinfold calipers. From the results of your assessment, we are able to identify why your body is storing fat in specific areas of the body, and how to improve your body composition with a customized training, nutrition, supplement and lifestyle plan to help you strip body fat, increase lean muscle and improve your energy, sleep and performance.

30-minute assessment: RMB 650

*Also available in the comfort of your room.

人体组成评定

身体成分评估测试对人体多项身体成分指标进行综合分析，得出人体水分、蛋白质、肌肉、脂肪含量等数据，从而更有针对性的制定全方位训练、饮食、营养计划，培养良好的生活习惯来帮助您减脂、增肌，提高睡眠质量与身体机能。

30分钟身体成分评估：人民币 650元

*可在您的房间内进行

FRAMEWORK ASSESSMENT

The starting point for transforming your body, mind and health. The initial assessment covers a Body Composition Analysis and a Functional Movement Screen. Together, they provide us with the information to create a unique and step-by-step plan that maps the way to the body you want, identifying potential limitations and addressing movement, nutrition and lifestyle limitations to help refine your body and mind.

Assessment: RMB 1,750/Hour

* Also available in the comfort of your room.

整体评估

整体评估项目的最终目的是为您打造强健的身体和意志力。测试包括身体成分评估和功能性运动测试。通过全面而深入的评估结果，我们将为您订制循序渐进的专属训练计划来达到您梦想中的训练目标。

整体评估：人民币 1,750元/小时

*可在您的房间内进行

*以上价格需另加收15%服务费。

*The price is subject to 15% service charge.