



## PERSONAL TRAINER AND BOXING COACH

### ZIYOYIDDIN TILLAEV

Hailing from Uzbekistan, Ziyoyiddin Tillaev, otherwise known as Ziyoy, is a certified personal trainer with expertise in functional fitness, mobility training, advanced boxing, kickboxing techniques and mixed martial arts. With a competitive background spanning various sports, including boxing, football, basketball, volleyball, tennis and golf, he integrates elements from each discipline into his training methodology, forming comprehensive workouts for both mind and body.

With prior coaching experience in several countries including Qatar, Turkey and Uzbekistan, Ziyoy is well-equipped to assist guests in achieving dietary and fitness goals, whether it is toning, strengthening or learning new exercises. Feel free to consult him for a programme tailored to suit your needs.

#### BOXING LESSON

One of the oldest combat sports in the world, boxing is a fun and interactive way to workout. Our certified coach will guide you through a combination of cardio warm-up, boxing technique and of course, conditioning. Boxing is an efficient way to tone and strengthen the body, as well as to alleviate stress.

Single session – Adult/Kid (60 minutes) USD 120/USD 90  
 Three sessions – Adult/Kid (60 minutes) USD 300/USD 220  
 Five sessions – Adult/Kid (60 minutes) USD 480/USD 360

#### PERSONALISED TRAINING

Offering a vast array of individualised training programmes to maintain your fitness level while at the resort and beyond, when you're home. Sessions can be held in the fitness centre or outdoors.

Single/Three/Five Sessions (60 minutes) USD 85/USD 205/USD 305

#### BOXFIT

Cardio-based circuit training involves boxing training techniques such as skipping, shadow boxing and body weight exercises.

45 minutes USD 95

#### KICKBOXING LESSON

Kickboxing lessons are structured as high-intensity interval training (HIIT) to deliver a challenging yet enjoyable workout suitable for all sorts of levels.

Single lesson – Adult/Kid (60 minutes) USD 120/USD 90  
 Couple lesson (60 minutes) USD 180

#### MIXED MARTIAL ARTS

A hybrid combat sport that integrates techniques from boxing, wrestling, judo, jujitsu, karate and Muay Thai (Thai boxing), creating a comprehensive martial art focused on endurance, strength and strategy.

Single lesson – Adult/Kid (60 minutes) USD 150/USD 90  
 Couple lesson (60 minutes) USD 200

#### GROUP/FAMILY FUN EXERCISE

A series of exercises or challenges aimed at making workout sessions more fun, building connections and teamwork.

Couple/Group of 4 to 6 pax (45 minutes) USD 150/USD 250

*Private group classes for couples and larger groups are available upon request.  
 For further information or bookings, please contact the Anantara Spa on ext. 3045 or on the Anantara app.  
 All prices are in US dollars and inclusive of 10% service charge and 16% GST.*