

UFIT

“I’ve learnt two things: firstly, we are able to achieve anything if we want it enough and, secondly, we’re capable of way more than we think we are.”

### Charlotte Freeman

For the past 14 months, British expat Charlotte has trained with UFIT, doing one-on-one sessions with trainer Lachlan three to four times a week, complemented by UFIT’s group bootcamp on Sundays at Tanjong Beach. UFIT, which has five gym locations throughout the city, offers everything from tailored personal training and women’s-only SHEFIT programmes to bootcamps and CrossFit, plus special fitness retreats – something for everyone, really. Meanwhile, UFIT Clinic offers physiotherapy, massage therapy, osteopathy and nutrition services, plus dedicated prenatal programmes.

**Why she started:** “I needed to lose weight and I wanted to get fit. After trying to do this on my own, I realised I just wasn’t seeing the results that I wanted. So, I decided I needed to do something different and make an investment into my health and fitness. A friend of mine who was looking great recommended her trainer, Lachlan Hay at UFIT on Amoy Street. The next day I had a trial session and have never looked back.”

**Why she loves it:** “What I love most about our workouts, hands down, is the variety. I never know what I’m going to be doing when I walk into the gym. We cover a variety of exercises from weight lifting and HIIT to Strongman training and Muay Thai; there’s always something different. I also like the fact that having a trainer pushes me to do more than I ever would on my own. I really enjoy working out with Lachlan, even at 6am. He puts a lot of thought and time into designing sessions that he knows will challenge me and are fun to do.”

**Results:** “Where do I start? In the last 14 months, I’ve lost 25kg, run three half marathons and lifted weights that I never imagined were possible. I feel fit, strong and, most importantly, healthy. I’ve achieved my original goals and way more. Also, I’ve learnt two things: firstly, we’re able to achieve anything if we want it enough and, secondly, we’re capable of way more than we think we are.”

UFIT has gym locations at Amoy Street, Galaxis Building (One-North), OG Orchard Point (Orchard), Bukit Timah and Tanjong Pagar; UFIT Clinic is located at Raffles Quay and Galaxis Building (One-North).  
ufit.com.sg



Charlotte and Lachlan