
Personal trainers in Doha

Well-known Qatar PTAs go head to head in our fitness focus



We've all over indulged and now it's time to get back into shape and live up to those New Year's resolutions. You don't have to go it alone though, one of these qualified personal trainers are more than happy to offer a helping hand (or heavy weight)...

Carin Timskog

Price per session: QR250-QR350 and packages offered

Specialties: Weight loss for women, certified Pilates instructor, health coach, yoga teacher, aqua aerobics and a variety of other fitness classes

Location: She does home visits and offers sessions and classes at Diva Spa & Lounge at The Gate Mall, West Bay

What's your style of training?

'It is all about balance and finding each client's true potential.

The training is personalised and aims to regain energy and strength in order to live life in its true potential. It's crucial for me that my clients understand why and what they are doing; both in terms of food and exercise in order for them to be really

motivated and responsible for themselves while also gaining the results that they are working for so hard. Through hard work, sweat, patience, consistency and loads of fun it's simply a journey of lifestyle change!

info@carintimskog.com, 3322 7796 www.carin-timskog.healthcoach.integrativenutrition.com.

Craig Bunting

Price per session: QR300, QR175 (half-hour half-body) and QR250 (one-hour full body). Buy 12 sessions and get one free along with a tailor made nutrition programme and 'off day' workouts.

Specialties: Fat loss and sports massage. He uses free weights, TRX (gravity training), kettlebells and body weight

Location: He does home visits and welcomes folk to his gym

What's your fitness mantra?

'Intelligence mixed with consistency equals success'

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Grant King

Price per session: QR350 or a pack of 10 sessions is QR3,000

Specialties: Kettlebell instructor, bootcamp instructor and personal trainer

Location: He does home visits or you can visit him at his gym

What's your style of training?

'Motivational, varied, informative, hard with appropriately adapting exercises.'

What's your fitness mantra?

He says, 'Quality over quantity, make every rep'

Grant.king@bootcampmilfit.com, 7756 7527

Haitham Khalid aka Fitness With Food

Price per session: QR350 but you can get discounts on block bookings

Specialties: Weight management, diet planning, cooking healthily, understanding healthy food products, changing lifestyle habits, Muay Thai kick boxing

Location: He does home or hotel visits or you can visit him at his own gym

What's your style of training?

'Understanding our client's needs as every client is different and responds to training differently. Ease you in then push above and beyond what you thought possible...'

How did you get into this?

'I was a chef for ten years working for the likes of Gordon Ramsay and I wanted to have my own business whereby I help people change their lives. I was lucky enough to have the opportunity to travel after taking some time out of my former career as a chef and do lots of martial arts training with world-class fighters in some amazing gyms.'

Fitness mantra: 'Eat well + train well = live well!'

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Mark Paterson (Absolute Fitness senior trainer)

Price per session: QR350 or ten sessions for QR3,000

Specialties: Innovative individual and group personal training

Location: He does home visits

What's your style of training?

'As a personal trainer, I don't have any specified style of training that I adhere to personally. The human body is designed to walk, run, jump, climb, swim, stretch, throw, lift, adapt and so on, so why limit the body to one style of training.'

Fitness mantra: 'When it comes to fitness training, I believe nutrition equates for 70 percent and fitness training 30 percent to achieve your desired goals. Additionally, it is important to give yourself short and long terms targets but you have to be realistic. Improving your nutrition and fitness should be a lifestyle commitment, as this will always yield the best results.'

'Fitness is not a destination, it's a way of life. Be stronger than your excuses.'

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Pete Collins

Price per session: QR350-QR450 depending on location and book ten sessions for QR3,000-QR4,000

Specialties: Personal trainer, strength and conditioning, and CrossFit coach

Location: He does home visits but also offers the usage of his newly fitted CrossFit Oryx gym

What's your style of training?

Having spent 12 years in the Royal Navy as a physical training instructor, I have gained experience in many styles and can adapt to the needs of the client. However I would say I am a no nonsense trainer who pushes my clients and gets the best results possible in the shortest time. I implement CrossFit style programming into my sessions to keep them varied and constantly challenging.

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By Time Out Doha staff

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