



Immediate Release

Experience Professional Sports Training and Fitness Workshop SAV x Soho Fitness Workout Day at Hotel sáv

(17 August 2016, Hong Kong) First of autumn is always the best season to chill up with exercise on relaxing greenery with bright blue sky. Let's get a head start to train up yourself with friends in **SAV x Soho Fitness Workout Day!**

Hotel sáv will collaborate with the professional combat and fitness center, **Soho Fitness**, to host a fitness workout day on 3 September 2016. Renowned fighters and experienced trainers from Soho Fitness will perform a series of fitness demonstrations such as Self-defense, Yoga, Muay Thai, Wing Chun and Mixed Martial Art (MMA) as well as providing free trial workshops for the guests to experience.

The venue has indoor and outdoor areas. Outdoor area will be filling with exciting free fitness workshops hosted by the following renowned instructors:

MMA Instructor: Tony Chu (aka Thunder Bird)

Tony is a professional fighter and trainer since 2008, and he has won numerous awards including Thai Fight in 2015, Uucmma Champion in 2014, I-1 Super Fight Champion in 2010 and Hong Kong Muay Thai Champion from 2009 till 2010. He is specialized in Muay Thai, Kickboxing and MMA.

Muay Thai Instructor: Ratchakhom Chalermchon (aka Casino Player)

Ratchakhom is from Thailand and specialized in Muay Thai, Kickboxing and MMA. His records for Muay Thai and Kick Boxing is 85 wins in 105 fights with 32 KOs, and he holds the title of Chiangmai Champion.

Self-Defense Instructor: Godson Ng

Godson is a Hong Kong Judo Kata Team representative, who is a black belt holder and obtains a B Grade Coach and C Grade Referee certified by Hong Kong Judo Association.

Yoga Instructor: Natalie S

Natalie is not only a beautiful Swedish-Thai model but also a Holistic Health Coach. She is a Registered Yoga Teacher (RYT) with the Yoga Alliance and specialized in both Yoga Teacher Training and Yoga Therapy.

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Wing Chun Instructor: Dr. Wilfred Lam

Dr. Wilfred Lam is a professional Martial Art trainer and the Chairman & Chief Instructor for Wing Chun Ng Wah Sum Academy. In 1994, he visited the renowned Sifu Ng Wah Sum and became his apprentice. Dr. Lam has won 1st place in China's first International Wushu Competition in 2013 for Ng Style Tai Chi Knife, and won gold medals in the following year for Ng Style Tai Chi Sword and Ng Style Tai Chi Quan.

Indoor area will provide a fruitful selection of green meals along with a variety of health and fitness related booths:

sáv Beachwear: This exotic beachwear brand will showcase their latest collections, which is perfect for both leisure and fitness wearing.

Patisserie by sáv: Patisserie pastries chef - Mitchell is from Singapore and specialized in creating a tasty dessert with stunning colors. Her workshop will be using low calories ingredients to create low fat desserts, fulfilling your sweet tooth without gaining a belly.

Mr. Henna: Established by a few professional Henna designers, they traveled to different cities to promote Henna. They create stylish henna with a meaningful story behind and targets to bring people peace and joy.

Top Pro Technology: Specialized in providing latest aerial drones and VR technology, they will provide free trials to experience this fun and outdoor-suitable activity.

Ultim8 Fight Gear: As being one of the top fight wear brands in Hong Kong, they will showcase their newest MMA clothing & equipment for mixed martial arts, Vale Tudo, Grappling, BJJ, Shoot and Cage Fighting.

Venum Fight Gear: A Martial Arts & related combat sports brand designed for the professional athlete and amateur competitor, they will also showcase their newest arrivals on the event.

Senteq Life: Developed products for all sports lovers, it aims to prevent injuries and providing aids to relieve pains in the healing process.

SAV x Soho Fitness Workout Day

Date: 3 Sept 2016 (Saturday)

Time: 2:00pm – 7:00pm

Entrance Fee: Walk-in HK\$100 / person (include one drink, beer, juice or soft drink and two free fitness workshops)

For inquiries please call +852 2275 8778 or email: amplitude.hk@hotelsav.com

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About sáv Hospitality Group

sáv is a new lifestyle hotel brand under Chuang's Consortium International Limited, a respected investment holding company in Hong Kong founded in 1970. Chuang's Consortium International Limited and its subsidiaries are principally engaged in property development and investments, hotel operation, industrial investments, finance and securities investments.

Founded by our CEO & Founder, Mr. Edwin Chuang, sáv Hospitality aims to be a company that reflects a new generation in hospitality experience. He brings on a new concept in design, in unity of management, as well as sustainability. sáv Hospitality Group's current portfolio includes their flagship Hotel sáv and Parkes Residences in Hong Kong, sáv Residence in Taipei, sáv Resort & Spa in Xiamen, as well as Pacific Cebu Resort in Cebu. For details, please explore <http://savhospitality.com>

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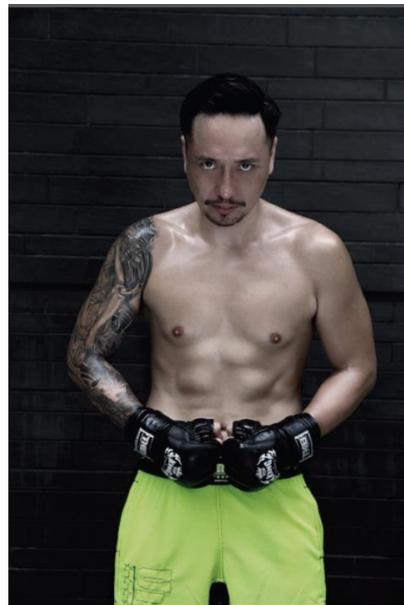
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sáv Beachwear will showcase their latest collections



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