

# FUEL

DETOX.RETOX.REPEAT.

## THE FUEL TEAM

**Our world class trainers will kick your routine into high gear, and our DJ will provide the beats and bass day to night.**

### URBAN GORILLAS

Using Barcelona as its stage for fitness boot camps Urban Gorillas utilize the surroundings as equipment. They are all about being social, having fun but also pushing your boundaries. You can train with Urban Gorillas for free when you stay at the W Barcelona.

### FAISAL ABDALLA

Celebrity and Barry's Bootcamp trainer, Faisal Abdalla, has been named one of London's top personal trainers. His infectious motivational & positive energy ensures that clients leave his training studios buzzing. This 'Positive Mental Attitude' is the mantra he applies to absolutely everything in life and believes is key to successful training.

### EMILIEN BADOUX

Emilien is native from Switzerland and has been skiing since he was 4 – He participated in the Freeride World Tour and won Finals X-Treme Verbier in 2014. He practices yoga and meditation to manage both physical and mental pressure during competitions. His knowledge of yoga comes from 16 years of self-practice and teacher trainings in Mysore, India.

### ALEX DUFRESNES

Teaching, coaching and leading are constants in Alexandre's professional career. After his first Master in Biology, Alex became a therapist in sophrology, Instructors' trainer and examiner for the Swiss Federal Office of Sport, Alex also holds the title of professional Swiss snow-sports instructor as well as other instructor certifications in outdoor activities.

### SANDRA BRANDSTETTER

Sandra will guide you through the practice of yoga, pilates or sophrology to a better awareness of your body, your breathing. Her experience, as well as many training courses, have allowed her to acquire the knowledge to develop an approach responding to your individual needs and to ensure resolutely positive learning.

### ADAM NOVA

Music curator at W Verbier, Adam's passion for music led him to start working as a DJ at a very young age, he also worked at a radio station before hosting big parties. Finding inspiration from the different places he plays at, Adam likes to mix modern DJ beats and classic groovy/funky tunes.

