



THE DATAI
LANGKAWI

Serenity

The Datai Well-being Series



Benny Price
United Kingdom
Personal Trainer and Educator
7 - 17 August 2026



BENNY PRICE

Personal Trainer and Educator

Experience science-based fitness at our lush tropical rainforest with renowned coach Benny Price. As Southeast Asia's only certified Resistance Training Specialist (RTS®) Level 1 instructor with 15 years of international experience, Benny brings expert precision to human movement. Whether through personalised private sessions or complimentary masterclasses, discover tailored strength, rehab, and vitality sessions built around your body.

COMPLIMENTARY MASTERCLASSES

Strength Training for Longevity

*Friday, 7 August and Saturday, 15 August at 15:30, and
Tuesday, 11 August at 11:00*

Location: The Fitness Studio

A session focused on how to use strength training to maintain joint function, muscle, confidence, and physical capability over time.

Training Around Pain or Injury

*Saturday, 8 August and Monday, 17 August at 15:30, and
Wednesday, 12 August at 11:00*

Location: The Fitness Studio

A practical introduction to modifying exercise when something hurts, and how to think about pain, restriction, and progression without simply avoiding movement.

COMPLIMENTARY MASTERCLASSES

Strength Training for Females

Monday, 10 August and Friday, 14 August at 15:30

Location: The Fitness Studio

A workshop on how women can approach strength training with more clarity, including exercise selection, progression, confidence in the gym, and common misconceptions.

Teen Gym Foundations

Sunday, 9 and 16 August, and Thursday, 13 August at 15:30

Location: The Health Club

For older children and teenagers who are beginning to take an interest in the gym, strength training, or sport. The aim is to teach them how to use the gym safely and intelligently, covering the basics of exercise setup, body positioning, movement control, confidence, and how to approach strength training, rather than simply copying what they see online.

PRIVATE SESSIONS

Joint and Muscle Function Consultation

75-minutes per session

MYR 500 per person*

For guests dealing with pain, restriction, recurring niggles, or loss of confidence around specific joints or movements. The session will focus on understanding what is limiting them, improving their awareness of the issue, and giving them practical exercises or training adjustments they can continue with afterwards.

Strength Training Optimisation

75-minutes per session

MYR 500 per person*

For guests who already train, but want to improve how specific, effective, and well-matched their exercises are to their body and goals. This would include exercise setup, execution, range of motion, joint position, and how to get more from the equipment they already use.

Beginner Gym Confidence Session

60-minutes per session

MYR 450 per person*

For guests who feel unsure in the gym, have never felt comfortable with strength training, or want a clearer starting point. The goal is to help them understand the basics, feel more confident using the gym, and leave with a simple structure they can continue after their stay.

**All prices are subject to 10% service charge.*

To ensure a personalised and attentive experience, sessions are available by advance booking only.