Ansis has been a boxing specialist for eight years. He has a broad knowledge of strength and conditioning training, and is all about high-paced, energetic and fun workouts.

**AREA**
- Boxing
- Strength and Conditioning
- High Intensity Interval Training
- Weight Loss

**QUALIFICATION**
Premier International Personal Training Level-3

**BIO**
Ansis specialises in boxing, circuit training, strength and conditioning. His training routines are hard, rewarding and are designed to get results.

**Ansis’s Morning Routine**
A big glass of water, coffee and my special scrambled eggs.

Please note that all personal training sessions are subject to a 24-hour cancellation period.

£75 for 60 minutes, £42 for 30 minutes | Packages available
To book email wchousegym@sohohouse.com or call reception on 020 7870 0000
Lisa has over a decade of experience as a personal trainer. Her love of fitness started when she was in primary school, and since then she has been involved in many different types of sports, including competing in basketball tournaments in the US and strength training. Lisa is your go to for body composition training, postural correction and core stability.

**KNOWN FOR**

METICULOUS COACHING

**QUALIFICATIONS**

PERSONAL TRAINING LEVEL 3
PICP LEVEL 1
BIO-SIG LEVEL 1

**MAIN ACHIEVEMENTS**

RAISING MONEY FOR CHARITY RUNNING THE LONDON MARATHON
HELPING CLIENTS THROUGH DEPRESSION AND ANXIETY

**LISA’S MORNING ROUTINE**

A POSITIVE ATTITUDE

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Please note that all personal training sessions are subject to a 24-hour cancellation period.

£75 FOR 60 MINUTES, £42 FOR 30 MINUTES | PACKAGES AVAILABLE
TO BOOK EMAIL WCHOUSEGYM@SOHOHOUSE.COM OR CALL RECEPTION ON 020 7870 0000
Matthew has 10 years of experience in the fitness industry, and uses this knowledge to create personalised regimes for each individual. His programmes include nutrition plans, resistance training, posture correction, high intensity interval training and core stability to improve overall fitness and help you achieve your goals.

**Area**
- Fat Loss
- Strength and Conditioning
- Mobility
- Postural Alignment
- Post-Injury Rehabilitation
- Nutrition

**Qualifications**
- Premier International Personal Training Level 3
- Poliquin International Certification Program Level 1 & 2
- Poliquin Bio-Signature Level 1 & 2
- Precision Nutrition Level 1 Certified

**Experience**
Matthew travelled to Performance Gym Aarhus, Denmark, where he was taught by Olympic gold-winning sports coaches, and completed the Poliquin International Certification Program Level 1 & 2.

**Matthew’s Morning Routine**
I always drink two cups of water after I wake up. It’s really important to start the day hydrated.

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Mervyn is an excellent motivator - his enthusiasm, results-focused programmes and in-depth knowledge are what set him apart. Over the last 10 years Mervyn has worked in various positions within the fitness industry, but ultimately decided to choose the path where he could help people the most. If you have a goal, Mervyn has the plan.

AREA

FAT LOSS AND TONING
BODY SCULPTING
CORE STABILITY
SPORTS REHAB
STRENGTH AND CONDITIONING
HIIT
COMBAT

QUALIFICATIONS

PERSONAL TRAINER LEVEL 3
CIRCUIT TRAINING
GYM-BASED BOXING
SUSPENSION SYSTEMS (TRX)
KETTLEBELLS COACHING
ADVANCED EXERCISE ANALYSIS

EXPERIENCE

Mervyn has been a personal trainer for seven years, and has worked at some of the leading gyms in the country. His training style incorporates HIIT, strength and conditioning, body composition and combat disciplines.

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Jasmine is a personal trainer, group exercise coach and fitness blogger who is passionate about helping her clients get the full benefits of resistance and functional training. Her sessions are tough, and centred around sculpting the body, building core strength and improving overall fitness levels.

**AREA**

Challenging strength workouts using minimal machines. Compound lifts, core strength and stability-focused workouts. Fun but intense conditioning work. Expect creative programming that teaches you the staples of strength training, and focuses on form and posture without the use of machines.

**EXPERIENCE**

Level 3 qualified personal trainer
Suspension training
F45 trainer

**JASMINE’S MORNING ROUTINE**

I always start my day with a coffee and a glass of water.

*Please note that all personal training sessions are subject to a 24-hour cancellation period.*

£75 for 60 minutes, £42 for 30 minutes | Packages available
To book email wchousegym@sohohouse.com or call reception on 020 7870 0000
Ed believes coaching in London is an enriching experience – he has trained many different people from all types of backgrounds, each with unique and specific goals. With 10 years of experience in the fitness industry, Ed specialises in the science behind fat loss, 360º lifestyle transformations, nutrition, postural imbalances, supplementation protocols and lean muscle gain.

**AREA**
- FAT LOSS
- STRENGTH AND CONDITIONING
- MOBILITY
- POSTURAL ALIGNMENT
- POST-INJURY REHABILITATION
- NUTRITION

**QUALIFICATIONS**
- DIP IN HYPNOTHERAPY AND CBT, DIP IN PERSONAL TRAINING LEVEL 3
- PHIL RICHARDS SCIENCE OF FAT LOSS CERTIFICATION
- POLIQUIN BIO-SIGNATURE LEVEL 1 & 2
- ICG, INDOOR CYCLE INSTRUCTOR LEVEL 1 & 2
- PROGRAMMING AND SUPERVISING WITH DISABLED CLIENTS LEVEL 3

**EXPERIENCE**
Ed has worked abroad training public figures and is a qualified chef. He is now currently online coaching, 1:1 coaching and is a wellness coach for corporate companies using hypnototherapy and CBT.

**EDWARD’S MORNING ROUTINE**
I wake up at 5.30AM and read my incantations. I start the day with wild salmon, eggs and almonds followed by an organic black coffee.

Please note that all personal training sessions are subject to a 24-hour cancellation period.
Catherine is an international pole athlete with over seven years of experience. She is all about personalised training and nutrition plans tailored to individual goals, and has a passion for helping clients develop healthy habits that work for busy lives. She believes if you have an awareness of your body, and use correct movement and alignment, the aesthetics will naturally follow.

**A R E A**
FUNCTIONAL MOVEMENT
FAT LOSS
HEALTHY LIFESTYLE DEVELOPMENT
FLEXIBILITY AND MOBILITY
HANDSTANDS
POLE FITNESS

**Q U A L I F I C A T I O N S**
PERSONAL TRAINING LEVEL 3
SPORTS NUTRITIONAL ADVISER LEVEL 5
NEUROSCIENCE BSC
XPERT LEVEL 3 AND 4 POLE INSTRUCTOR

**E X P E R I E N C E**
CATHARINE HAS TRAINED WITH WORLD CHAMPION ATHLETES AND CIRQUE DU SOLEIL PERFORMERS ALL AROUND THE WORLD. SHE NOW COACHES OTHER ATHLETES AND INDIVIDUALS LOOKING TO DEVELOP HEALTHY HABITS AND BUILD A BODY THAT WILL FUNCTION WELL FOR LIFE.

**C A T H E R I N E ’ S R O U T I N E**
PROTEIN BERRY BOWL WITH ALMONDS, MOBILITY EXERCISES AND A LOT OF SINGING.

Please note that all personal training sessions are subject to a 24-hour cancellation period.

£75 FOR 60 MINUTES, £42 FOR 30 MINUTES | PACKAGES AVAILABLE
TO BOOK EMAIL WCHOUSEGYM@SOHOHOUSE.COM OR CALL RECEPTION ON 020 7870 0000
Greg has loved sport and fitness since childhood - he took part in a wide range of sports including gymnastics, judo, rugby and swimming. As an adult, he entered Brazilian jiu-jitsu competitions and has won two gold medals competing for the Roger Gracie Academy.

**AREA**

STRENGTH & CONDITIONING  
MOBILITY  
FUNCTIONAL MOVEMENTS  
POSTURAL CORRECTION  
INJURY REHABILITATION  
PRE & POST NATAL  
METABOLIC CONDITIONING

**QUALIFICATIONS**

YMCA LEVEL 3 PERSONAL TRAINER  
INTRINSIC BIOMECHANICS  
CROSSFIT STRENGTH & CONDITIONING COACH  
FUNCTIONAL MOVEMENT SCREEN - FMS

**EXPERIENCE**

GREG HAS OVER 12 YEARS OF PROFESSIONAL EXPERIENCE AS A TRAINER AND IS HIGHLY QUALIFIED. HE PRIDES HIMSELF IN BEING ABLE TO ADAPT AND PERSONALISE HIS TRAINING PROGRAMMES USING A BROAD RANGE OF KNOWLEDGE THAT HE HAS ACQUIRED THROUGHOUT HIS CAREER.

**GREG’S MORNING ROUTINE**

A GLASS OF WATER WITH VITAMIN C AND ZINC. STRONG BLACK COFFEE, EGGS AND AVOCADO

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Please note that all personal training sessions are subject to a 24-hour cancellation period.

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TO BOOK EMAIL WCHOUSEGYM@SOHOHOUSE.COM OR CALL RECEPTION ON 020 7870 0000
Since working in the fitness industry for eight years, Luther has helped a wide range of people with their goals, from weight loss to weight gain, increasing strength, improving performance and minimising injury risk.

**Area**
- Strength Training
- Powerlifting
- Conditioning
- Weight Loss
- Nutritional Guidance

**Qualifications**
- DSW Powerlifting Level 1 Coach
- TTR Personal Trainer L3

**Experience**
Luther has been a powerlifting competitor for the past four years and has competed at a national and international level. He won Gold at the AWPC European Championships two years in a row, and won Silver in the 2018 AWPC British Finals.

**Luther’s Morning Routine**
Watching or reading an educational article. It’s always important to get the brain working in the morning.

Please note that all personal training sessions are subject to a 24-hour cancellation period.

£75 for 60 minutes, £42 for 30 minutes | Packages available
To book email wchousegym@sohohouse.com or call reception on 020 7870 0000
Giulliano is a patient and dedicated trainer who will go above and beyond to help you reach your goals. He is particularly knowledgeable about injury recovery and postural alignment, and will give you valuable tips on how to maintain a healthy lifestyle.

**AREA**

- BODY BUILDING
- STRENGTH AND CONDITIONING
- WEIGHT LOSS
- POSTURAL ALIGNMENT
- OLYMPIC WEIGHTLIFTING

**QUALIFICATIONS**

- LEVEL 3 YMCA PERSONAL TRAINER
- TRX SUSPENSION
- SPORTS NUTRITION

**EXPERIENCE**

Giulliano has 10 years of experience working at sites all over London. Through meeting many professionals from different sporting disciplines and backgrounds, he has created a unique training style.

**GIULLIANO’S MORNING ROUTINE**

Italian coffee with fresh fruit.

Please note that all personal training sessions are subject to a 24-hour cancellation period.
As a jiu jitsu fanatic, Dalzette specialises in rehabilitation with a focus on postural correction using Pilates techniques and core stability. She combines this with strength training and high-intensity cardiovascular exercises to provide a full body workout. A training session with Dalzette always feels like a real accomplishment.

**AREA**
- Strength and Conditioning
- Postural Correction
- Pilates
- Rehabilitation
- Mobility and Flexibility
- HIIT
- Kettlebells
- Weight Training
- Core Strength

**QUALIFICATIONS**
- Level 3 Personal Training
- Level 3 Mat Pilates
- Level 3 Exercise Referral
- Level 3 Nutritional Advisor
- Pre and Post-Natal Exercise

**EXPERIENCE**
Dalzette has been a Personal Trainer and Pilates Instructor for over 10 years, and has worked with a diverse range of people. This experience means she can adapt any exercise to an individual’s needs to ensure they reach their fitness goals.

**Dalzette’s Morning Routine**
Wake up at 6am and have a coffee first thing.

*Please note that all personal training sessions are subject to a 24-hour cancellation period.*
As a registered nutritionist with the highest accreditation in personal training and Pilates, Pia’s sessions help support long-term lifestyle changes. Using specific conditioning exercises, core stability, muscular strength and flexibility, Pia’s training will help you create correct body alignment, efficient movement and a positive mind-body connection.

**A R E A**

**N U T R I T I O N**

**W E I G H T M A N A G E M E N T**


**S P E C I A L I S T E X E R C I S E I N C L U D I N G PRE A N D P O S T - N A T A L**

**Q U A L I F I C A T I O N S**

**N U T R I T I O N R E G I S T E R E D N U T R I T I O N I S T**


**L E V E L 3 M A T P I L A T E S I N S T R U C T O R**

**E X P E R I E N C E**

Pia has over six years of experience in the wellness industry as a nutritionist and personal trainer. She has helped clients with weight management, body conditioning, sports performance and rehabilitative care.

**P I A’ S M O R N I N G R O U T I N E**

Sleep is important. If I can get more of it, I’ll always take it.

Please note that all personal training sessions are subject to a 24-hour cancellation period.