



Foz Rahman

Our resident expert in movement, using training and release techniques to mobilise and address imbalances in the body. With qualifications in sports massage, soft-tissue therapy, osteopathic articulation and tool-assisted treatments, he is well equipped to diagnose problem areas, and train and treat for a pain-free, stronger you.

Rahman's background as a competitive weightlifter feeds his respect for joint health and movement as he aims to bring all his clients to a high standard of performance.

Qualifications:

Level 3 personal training

Level 2 British weightlifting instructor

Diploma in osteopathic articulation/ ISTM

Diploma in sports rehab/ sports massage/
advanced soft tissue

PT price:

30 minutes £60 | 60 minutes £80

Morning routine

'A good source of protein for breakfast, bike ride to work, followed by an Olympic weightlifting HIIT session.'

Top tip for achieving your goals

'I've found many people are capable of the most complex weightlifting techniques, but stress and habits from everyday life prevent good movement in their joints. I mobilise and train towards specific moves until we're ready to progress.'

PT packages expire one year from purchase. All personal training sessions have a 24-hour cancellation policy.

To arrange your appointment visit Shoreditch Health Club reception





SHOREDITCH HEALTH CLUB

Kevin Ketji

Kevin Ketji has worked in the fitness industry for more than seven years. He is a multidisciplinary trainer, incorporating different methods of training to maintain the body at its optimum. With qualifications in personal training, Pilates, pre- and post-natal training, and an advanced diploma in deep tissue massage, Ketji is able to design programmes and handle injuries appropriately.

Qualifications:

Advanced diploma in personal training (QCF)
Level 3 pre and post natal
Level 3 dynamic reformer Pilates
Advanced therapeutic massage diploma

PT price:

30 minutes £60 | 60 minutes £80

Morning routine

‘A cup of warm water with lime, and gratitude for everything I have while thinking of things I can do to progress and better myself.’

Top tip for achieving your goals

‘Be kind to the body you have, while working on the body you want; be that mentally, physically, and verbally.’

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SHOREDITCH HEALTH CLUB

Peter Botas

When it comes to combining training methods, Peter Botas is a qualified expert. With more than 10 years' experience in power lifting, gymnastics, calisthenics TRX and kettlebells, a session with him will ensure you're not only reaching your goals, but also sustaining them. Botas strongly believes that through a higher level of body awareness, we can overcome all obstacles in our journey towards optimal health and fitness.

Qualifications:

Level 3 personal trainer

Level 2 gym Instructor

Group circuits

Outdoor training

Group indoor cycling

Kettlebell and TRX training systems

PT price:

30 minutes £60 | 60 minutes £80

Morning routine

'I start my day with a coffee and a big breakfast, ensuring I get a good amount of carbohydrates and protein. This gives me the energy and fuel to motivate my clients and keep me going through to the end of the day.'

Top tip for achieving your goals

'Stay humble. In most cases the journey is more important than the actual goal. If you accept the fact that you can always improve and learn, then you can reach heights you never knew you could.'while working on the body you want; be that mentally, physically, and verbally.'

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