

Soho Active Shoreditch House

Personal training

Domi Wawrzyniak

About Domi

Domi started her journey with fitness over 7 years ago, working in Shoreditch House since 2013 she gained her qualifications and now she shares passion and knowledge of exercise with you. She keeps her workout up to date, to make sure you can achieve your goal safe and fast. Domi is a very patient but demanding trainer, if you need an extra motivator, she is your person. She can help you gain strength, speed, lose weight or improve flexibility.

Qualifications:

- Diploma in Personal Nutrition
- Physical recreation: level 3 Personal Trainer
- Fitness instructor: level 2 group exercise
- Exercise to the music
- Indoor cycling

Morning routine

“I drink plenty of water! I can’t talk enough about the importance of hydration. Water can do miracles. And then I drink my oat milk latte, this drink can do magic too! “

Top tip for achieving your goals

Just enjoy the journey, every step, every day, every little progress.

PT price: 30 minutes £60 | 60 minutes £80

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

Please contact gym reception at gym@shoreditchhouse.com to arrange your appointment.

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Peter Botas

About Joel

Peter has 8 years of weight-lifting experience, topped with kettlebell and calisthenics skills, inspired, but not limited by the old-school training mentality. Peter strives towards a new approach to health and fitness. Combining body weight training with gym-based drills to achieve a next level of body awareness and fitness.

Qualifications:

- L2 Fitness Instructor
- L3 Personal Trainer
- Outdoor Training
- Indoor Group cycling
- Circuits training

Morning routine

'I always have a big breakfast followed by coffee to help me handle a busy day.'

Top tip for achieving your goals

'Whatever your goal is, stay focused and remember that sacrifices will help you achieve goals. Don't quit and hold yourself accountable.'

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Foz Rahman

About Foz

Foz Rahman is our resident expert in movement, focusing on fixing imbalances using training and release techniques. 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

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.'

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Paul Fuller

About Paul

When Paul Fuller was in the military, the goal was to be in physical combat shape. This meant improving cardio, strength, endurance, explosiveness, mobility, agility and power, while burning fat and staying lean and fit. Fuller attempts to create this similar training environment for clients. It helps empower and motivate individuals to continually challenge themselves in a fun and rewarding way.

Qualifications:

- Level 3 advanced fitness instructor
- Level 3 exercise for older adults
- Level 3 GP referral
- Boxercise instructor
- Functional fitness for pregnancy
- Postnatal instructor
- ViPR instructor LMT 1

Morning routine

'Three times a week, my mornings kick off with my functional metabolic workout. It encompasses structural and compound movements to make sure

I'm getting stronger on key lifts to support muscle gains.'

Top tip for achieving your goals

'Regular physical activity. The key here is purpose-led training, not surface-led training.'

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Joel Lawrence

About Joel

Joel specialises in strength and conditioning, alongside flexibility for overall physical improvement. He was handpicked by Shoreditch House for his unshakable discipline and ability to motivate excellence in others.

Qualifications:

- Level 3 personal training
- Level 2 group exercise
- Black belt in karate

Morning routine

'Body weight routine walkouts (three x 10), Hindu press ups (three x 10), squats (five x 20), triceps press.'

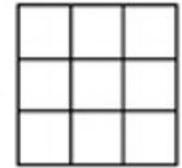
Top tip for achieving your goals

'Don't think about it, just do it.'

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PERSONAL TRAINING PACKAGES

To book email gym@shoreditchhouse.com
or call reception on +44 (207) 7395040

1 SESSION FOR £80

5 SESSIONS FOR £390

10 SESSIONS FOR £760

20 SESSIONS FOR £1440

30 SESSIONS FOR £2040

40 SESSIONS FOR £2560