

---

# HOUSE GYM

# MEET THE TEAM

---



## ANSIS

---

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.*

---

**£80 PER SESSION | PACKAGES AVAILABLE**  
TO BOOK **EMAIL** [WCHOUSEGYM@SOHOHOUSE.COM](mailto:wchousegym@sohothouse.com) **OR CALL RECEPTION ON** 020 7870 0000

---

---

# HOUSE GYM

## MEET THE TEAM

---

### LISA

---

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

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

---

**£80 PER SESSION | PACKAGES AVAILABLE**

TO BOOK **EMAIL** [WHOUSEGYM@SOHOHOUSE.COM](mailto:wHOUSEGYM@SOHOHOUSE.COM) **OR CALL RECEPTION ON** 020 7870 0000

---

---

# HOUSE GYM

## MEET THE TEAM

---



### MERVYN

---

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.

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

---

**£80 PER SESSION | PACKAGES AVAILABLE**  
TO BOOK **EMAIL** [WCHOUSEGYM@SOHOHOUSE.COM](mailto:wchousegym@sohothouse.com) **OR CALL RECEPTION ON** 020 7870 0000

---

---

# HOUSE GYM

## MEET THE TEAM

---



### JASMINE

---

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.*

---

**£80 PER SESSION | PACKAGES AVAILABLE**  
TO BOOK **EMAIL** [WCHOUSEGYM@SOHOHOUSE.COM](mailto:wchousegym@sohothouse.com) **OR CALL RECEPTION ON** 020 7870 0000

---

---

# HOUSE GYM

## MEET THE TEAM

---



### GREG

---

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

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

---

**£80 PER SESSION | PACKAGES AVAILABLE**  
TO BOOK **EMAIL** [WCHOUSEGYM@SOHOHOUSE.COM](mailto:wchousegym@sohothouse.com) **OR CALL RECEPTION ON** 020 7870 0000

---

---

# HOUSE GYM

# MEET THE TEAM

---



## LUTHER

---

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.*

---

**£80 PER SESSION | PACKAGES AVAILABLE**  
TO BOOK **EMAIL** [WCHOUSEGYM@SOHOHOUSE.COM](mailto:wchousegym@sohothouse.com) **OR CALL RECEPTION ON** 020 7870 0000

---

---

# HOUSE GYM

# MEET THE TEAM

---



## GIULLIANO

---

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.*

---

**£80 PER SESSION | PACKAGES AVAILABLE**

TO BOOK **EMAIL** [WCHOUSEGYM@SOHOHOUSE.COM](mailto:wchousegym@sohothouse.com) **OR CALL RECEPTION ON** 020 7870 0000

---

---

# HOUSE GYM

## MEET THE TEAM

---



### DALZETTE

---

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.*

---

£80 PER SESSION | PACKAGES AVAILABLE

TO BOOK EMAIL [WCHOUSEGYM@SOHOHOUSE.COM](mailto:wchousegym@sohothouse.com) OR CALL RECEPTION ON 020 7870 0000

---



---

# HOUSE GYM

## MEET THE TEAM

---



### PIA

---

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.

#### AREA

NUTRITION  
WEIGHT MANAGEMENT  
FUNCTIONAL AND REHABILITATIVE PILATES-BASED EXERCISE  
SPECIALIST EXERCISE INCLUDING PRE AND POST-NATAL

#### QUALIFICATIONS

NUTRITION REGISTERED NUTRITIONIST  
LEVEL 3 AND 4 PERSONAL TRAINER FOR SPECIALIST EXERCISE  
(PRE AND POST-NATAL, GP REFERRAL, OBESITY AND DIABETES)  
LEVEL 3 MAT PILATES INSTRUCTOR

#### EXPERIENCE

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.

#### PIA'S MORNING ROUTINE

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.*

---

**£80 PER SESSION | PACKAGES AVAILABLE**  
TO BOOK **EMAIL** [WCHOUSEGYM@SOHOHOUSE.COM](mailto:wchousegym@sohothouse.com) **OR CALL RECEPTION ON** 020 7870 0000

---

---

# HOUSE GYM

## MEET THE TEAM

---



### RHYS

---

Rhys has progressed through the sporting and fitness industry over the past 6 years based at Bisham Abbey National Sports Centre. He was dribbling a football down the hallway before he could even walk; being enthusiastic and involved in sports has always been something he's loved. He believes whatever your goals are, be enthusiastic, be optimistic and compete with yourself; run your own race.

#### AREA

BODYWEIGHT TRAINING  
CARDIOVASCULAR TRAINING  
CORE STABILITY & STRENGTHENING  
MOBILITY & FLEXIBILITY  
FAT LOSS  
MUSCLE DEFINITION  
HIIT

#### QUALIFICATIONS

LEVEL 3 PERSONAL TRAINER  
INDOOR CYCLING INSTRUCTOR  
CIRCUIT INSTRUCTOR

#### EXPERIENCE

WORKING IN THE SAME ENVIRONMENT AS OLYMPIC ATHLETES AND NATIONAL SPORTING TEAMS, RHYS HAS GAINED AN ARRAY OF KNOWLEDGE AND EXPERIENCE INCORPORATING THE SAME DRIVEN ATTITUDE AND ETHIC INTO HIS OWN WORK. HIS TRAINING STYLE WILL PROVIDE YOU WITH A PERFECT MIX OF FUN, TECHNICAL AND DISCIPLINED SESSIONS ALONG WITH A THOROUGHLY CRAFTED PROGRAMME CREATED SPECIFICALLY AROUND YOUR GOALS.

#### RHYS' MORNING ROUTINE

A FRESH BLACK COFFEE AND SMOOTH JAZZ.

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

---

**£80 PER SESSION | PACKAGES AVAILABLE**

TO BOOK **EMAIL** [WCHOUSEGYM@SOHOHOUSE.COM](mailto:wchousegym@sohothouse.com) **OR CALL RECEPTION ON** 020 7870 0000

---