

KEVIN

SHOREDITCH
HEALTH CLUB

Keti

PERSONAL TRAINER

Kevin Keti 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, Keti 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

30 minutes £60 | 60 minutes £80

Book via the SH.APP

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

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

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

To arrange your appointment visit Shoreditch Health Club reception.

FOZ

SHOREDITCH
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PERSONAL TRAINER

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

30 minutes £60 | 60 minutes £80

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MORNING ROUTINE

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

TOP TIP

“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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PETER

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PERSONAL TRAINER

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. Peter 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 system

30 minutes £60 | 60 minutes £80

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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

'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.'

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LUCIANA

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PERSONAL TRAINER

Martinez

Through her own body transformation experience, Luciana found her passion for fitness. Specialising in female coaching, she understands the dedication and hard work needed to achieve results. Highly motivating and full of encouragement, Luciana now makes it her goal to help others achieve theirs.

QUALIFICATIONS

- Level 3 personal training
- Level 2 gym instructor

30 minutes £60 | 60 minutes £80

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MORNING ROUTINE

‘Always start with a big smile, a large glass of water, and a shower to feel fresh and full of energy.’

TOP TIP

‘It’s not always easy, but make this your lifestyle. Focus on making it enjoyable, have discipline and, most of all, believe in yourself.’

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