

Soho Active Personal Training

WHITE CITY HOUSE



Ansis

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

Qualifications

Premier international personal training level-3.

Morning Routine

‘A big glass of water, coffee and my special scrambled eggs’.

Top tip

‘No excuses’.

1 session for £80 | 5 sessions for £390 | 10 sessions for £760 | 20 sessions for £1440 |
30 sessions for £2040 | 40 sessions for £2560

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Lisa

Lisa has over a decade of experience as a personal trainer. Her love of fitness started at an early stage and since then she has been involved in many different types of sports, including lacrosse, swimming and competing in basketball tournaments in the us and finally strength training. Lisa is your go-to for body transformation training, postural correction and core stability.

Qualifications

Personal training level 3 | Picp level 1 | Bio-sig level 1.

Morning Routine

‘A positive attitude and gratitude’.

Top tip

‘Make it a priority’.

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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.

Qualifications

Personal trainer level 3 | Circuit training, gym-based boxing, suspension systems (trx) | Kettlebells coaching | Advanced exercise analysis

Morning Routine

‘Glass of water, a banana and multivitamins’.

Top tip

‘Keep hydrated, water is key to cleansing the system’.

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Luther

Having worked in the fitness industry for 8 years, Luther has helped a wide range of people with their goals from weight loss/gain, strength training, improved fitness and minimising injury risk.

Qualifications

Dsw powerlifting level 1 coach ttr | personal trainer l3.

Morning Routine

'Watching or reading an educational article. It's always important to get the brain working in the morning'.

Top tip

'Treat the light weights heavy and the heavy weights light'.

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Giulliano

Giulliano is a personal trainer specialized in fat loss and lean muscle gains. His programmes are built around personalised food diaries, based on the likes and dislikes of his clients. Through his expertise, he drives his clients towards specific goals. He also coaches performance-driven sports like olympic weight lifting and power-lifting. Giulliano leads his clients to outstanding results, whilst keeping them highly motivated with his unique coaching methods. His high standards and skills, together with his broad knowledge of the body anatomy, are core elements of his approach to fitness. Thanks to these, he is able to meet the needs of different people and lifestyles, including busy scheduled professionals. Giulliano's passion, dedication and unique coaching method drive higher professional standards along with best clients satisfaction.

Qualifications

Level 3 ymca personal trainer | trx suspension | sports nutrition.

Morning Routine

'Italian coffee with fresh fruit'.

Top tip

'Consistency is key'.

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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.

Qualifications

Level 3 personal training level | 3 mat pilates | level 3 exercise referral | level 3 nutritional advisor | Pre and post-natal exercise.

Morning Routine

‘Wake up at 6am and have a coffee first thing.’

Top tip

‘Weights don’t make you big, cupcakes make you big’.

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Rhys

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.

Qualifications

Level 3 personal trainer | Indoor cycling instructor | Circuit instructor.

Morning Routine

‘A fresh black coffee and smooth jazz.’

Top tip

‘Consistency is key’.

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David W.

David is an elite personal trainer specialising in body transformation. He is currently the training/ nutrition specialist and UK ambassador for leading global fitness app, Freeletics. Wiener's training ethos is to tap into his clients' psyche, empowering them to unleash their full physical potential. With a great level of understanding, he supports his clients physically and mentally, encouraging them to exceed their goals.

Qualifications

REPs personal trainer level 3 | RNI advanced nutrition level 5 | Certified advanced StrikePads Trainer | Les Mills spin and circuit Trainer | TRX suspension Trainer | Kettlebell Trainer

Morning Routine

'A quick shower, some positive thoughts, and a nutrition-packed smoothie'.

Top tip

'Improving your mindset will improve your body'.

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