

# Paul

SHOREDITCH GYM  
SOHO HOUSE

A zest for health and fitness, associated with military experience, has led Paul to become a highly qualified fitness coach. His mission is to help you achieve a balanced lifestyle encompassing all aspects of wellness through functional training. It supports physical skills like movement, coordination, dexterity and grace.

Paul's extensive knowledge in coaching and upto-date qualifications can support you in a motivating exercise environment that will empower you, and continually challenge you in a fun and rewarding way.

## Qualifications

- Level three exercise for older adults
- Advanced fitness instructor
- Functional training and functional assessment instructor
- Self-defence instructor
- Registered boxercise instructor

## Morning Routine

*'Due to time and commitments, I usually spend 30 minutes in the weights room – that's a great opportunity to use giant sets. They intensely increase the total time under tension per set, which means you can achieve a large volume of workouts in a relatively short period, so I'm done and ready for the day.'*

30 minutes £60 | 60 minutes £80

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

To arrange your appointment book via the SH.APP or email [gym.shoreditch@sohohouse.com](mailto:gym.shoreditch@sohohouse.com)

## Top Tip

'Do something today that your future self will thank you for.'

# Chris

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## Top Tip

‘Remember that dreaming is a form of planning. However big or small a goal may be, never lose sight of it and just keep moving forward.’

From a young age Chris has dedicated her life to being active, having been a county-level competitive swimmer and black belt martial artist, then carving out a career in the performing arts.

As a personal trainer, Chris specialises in whole body workouts – not neglecting core-strength training, mobility and general flexibility. She is also a qualified corrective exercise specialist. In today’s stress-inducing world, she believes that being the fittest, strongest version of yourself will help you deal with whatever life throws at you.

## Qualifications

- NASM Corrective Exercise Specialisation (certificate pending)
- Level 3 personal training
- Level 2 gym instructing

## Morning Routine

*‘No phone for the first 30 minutes. Down a glass of water, followed by a cup of hot water with freshly squeezed lemon. Read five to 10 pages of a book and have a quick shower, then you’re all set to conquer the day.’*

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# Moon

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## Top Tip

‘Every passing moment is another chance to turn it all around – stay curious and imagine the impossible. It’s about the journey, not the destination.’

Moon has as a holistic approach to fitness – her practice is concerned with the synergy of the mind, body and soul connection.

The focal point lies within how excellent nutrition aids your training programme, both mentally and physically. Working together, Moon will discover the best type of programme for you.

## Qualifications

- Level 3 personal training
- Level 2 gym instructor
- Level 7 diploma in naturopathic nutrition

## Morning Routine

*‘I start my day by letting in the light and making my bed, before having a glass of crystal-charged lime water. I do an express meditation, followed by some yoga poses to get my circulation going. Then, I make an adaptogenic matcha drink and sip this as I gear myself up to deliver some energising sessions for my clients.’*

30 minutes £60 | 60 minutes £80

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# Nick

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Nick has more than 15 years of experience in the fitness world, having represented his country at youth level in karate and then becoming a competitive boxer.

Today, Nick specialises in body transformations, bodybuilding, self-defence and improving general fitness.

## Qualifications

- Level 3 personal training
- T3 HIIT instructor

## Morning Routine

*‘Drink a large glass of water and stick by my favourite quote: “Believe in yourself, keep a can-do approach, struggle hard and watch success follow”.’*

30 minutes £60 | 60 minutes £80

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## Top Tip

‘Work hard and enjoy the process.’

# Foz

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## 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.’

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

Foz’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.’*

30 minutes £60 | 60 minutes £80

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# Luciana

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## 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.’

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

## Morning Routine

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

30 minutes £60 | 60 minutes £80

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# Peter

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## 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.’

When it comes to combining training methods, Peter is a qualified expert. With more than 10 years’ experience in power lifting, gymnastics, calisthetics TRX and kettlebells, a session with him will ensure you’re not only reaching your goals, but also sustaining them.

He 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 training
- Level 2 gym instructor
- Group circuits
- Outdoor training
- Group indoor cycling
- Kettlebell and TRX training system

## 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.’*

30 minutes £60 | 60 minutes £80

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