

# LUCY

BRIGHTON  
BEACH HOUSE GYM  
SOHO HOUSE x ROKX

## Fun fact

'I have a little dog named Aurora who I am obsessed with. If you like dogs, prepare to see photos.'

## Bio

Lucy has many years of experience within the fitness industry, teaching a range of classes and working one to one with clients. Passionate about what fitness can do for your physical and mental health, she loves being able to pass this on through her sessions.

Having a number of different aspects to her fitness skill set means she can draw on different techniques to give you a 360 approach to exercise and help you feel your best.

## Qualifications

- Level 3 Personal Training
- 200 Hour Yoga Teacher Training
- Reformer Pilates
- Currently studying nutritional therapy, three-year diploma at the College of Naturopathic Medicine

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 [brightongym@sohohouse.com](mailto:brightongym@sohohouse.com)

# OLIVIA

BRIGHTON  
BEACH HOUSE GYM  
SOHO HOUSE x ROX

## Fun fact

'I used to be a member at ROX for two years until I quit my career in retail to become a personal trainer, and now I work for ROX'.

## Bio

Olivia has always been into living an active life and enjoys moving in different ways, whether it be a gruelling boxing session or a low-impact Pilates class.

As a personal trainer, she has always loved functional training – to see how you can test the body to deal with stresses that you face throughout your daily life, which not only allow you to move easier but also help to sculpt and build muscle.

## Qualifications

- Level 3 Personal Training
- Level 4 GP Referral
- Boxing pad work

30 minutes £60 | 60 minutes £80

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# OLLY

BRIGHTON  
BEACH HOUSE GYM  
SOHO HOUSE x ROKX

## Fun fact

‘Self-care is how you take your power back.’

## Bio

Olly started her career 12 years ago coordinating the Mid Sussex Exercise Referral scheme, working with a range of people with long-term health conditions to support them through safe exercise.

After working in Thailand for five years, she returned to the UK where she is now a wellbeing advisor, helping her clients make lifestyle changes.

## Qualifications

- Level 3 Personal Training
- Level 4 Exercise Referral
- Pre and Post-Natal Exercise
- Level 4 Nutrition
- Community health
- Mental health awareness

30 minutes £60 | 60 minutes £80

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# SARAH

BRIGHTON  
BEACH HOUSE GYM  
SOHO HOUSE x ROKX

## Fun fact

'I love hot sauce – on everything.'

## Bio

Sarah has had a lifelong passion for movement, fitness and wellbeing, and worked as a professional dancer for many years before becoming a personal trainer. She started her fitness career at the renowned Third Space club in London, working with and learning from some of the best in the industry.

Alongside personal training, Sarah loves instructing classes – the energy, competitive edge and sense of community that they bring.

## Qualifications

- Level 3 Personal Training
- Pre and Post-Natal Exercise
- Boxing pad work

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 [brightongym@sohohouse.com](mailto:brightongym@sohohouse.com)

# ALEX

BRIGHTON  
BEACH HOUSE GYM  
SOHO HOUSE x ROX

## Fun fact

‘Before entering the fitness world,  
I used to fly planes.’

## Bio

Cofounder of ROX, Alex has over a decade’s experience as a personal trainer. Starting in central London, he built his business in Victoria, training clients from all walks of life.

He focuses on strength and conditioning, boxing and injury/ rehab training. In his sessions, expect powerful moves tailored to your goals, feel-good vibes and plenty of smiles.

## Qualifications

- Level 3 Personal Training
- Elite Movement Specialist (EMS)
- Boxing pad work

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 [brightongym@sohohouse.com](mailto:brightongym@sohohouse.com)

# MILLIE

BRIGHTON  
BEACH HOUSE GYM  
SOHO HOUSE x ROKX

## Fun fact

'If you need restaurant or travel recommendations, I'm your go-to girl.'

## Bio

From a young age, Millie was a gymnast and dancer. After suffering from an injury, she took a step back from performing and competitions, which led her to discover a love for fitness.

With years of experience in the industry, her upbeat and energetic personality creates a welcoming and inclusive atmosphere. Taking a holistic approach to training, Millie will look at all areas of your lifestyle, including stress, sleep and nutrition, to ensure you get the maximum benefit from your training programme.

## Qualifications

- Level 3 Personal Training
- Pre and Post-Natal Exercise
- Reformer Pilates

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 [brightongym@sohohouse.com](mailto:brightongym@sohohouse.com)

# JORDAN

BRIGHTON  
BEACH HOUSE GYM  
SOHO HOUSE x ROKX

## Fun fact

'I'm learning Italian – test me in a session.'

## Bio

Having worked in the fitness industry for more than 10 years, Jordan has extensive knowledge and experience to help you achieve your goals.

As well as training people hard, he also likes to make his sessions enjoyable and mix up workouts to keep things fresh. Jordan's energy and enthusiasm will help you push you through those last and most important reps.

## Qualifications

- Boxing coach
- TRX trainer
- Callisthenics coach
- Level 3 Personal training
- Kickboxing coach

30 minutes £60 | 60 minutes £80

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