

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

Top Tip

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

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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