

Ansis

WHITE CITY GYM
SOHO HOUSE

Top Tip
'No excuses.'



Qualifications

— Level 3 personal training

Ansis is one of our specialist trainers, with more than six years of experience in fitness and over 10 years in boxing.

Ansis believes that training doesn't need to be too fancy or modern.

Morning Routine

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

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

Frank

WHITE CITY GYM
SOHO HOUSE

Top Tip

‘Try to create an active lifestyle by getting your step count up. This has many health benefits.’



Qualifications

- BSc in dietetics and nutrition
- Level 3 personal training
- Level 3 exercise referral; clients with medication conditions
- Level 4 weight management for obese and diabetic clients

Frank is one of our specialist PTs, with more than 10 years of experience as a personal trainer and nutritionist.

Following a career as a competitive basketball player, Frank now helps his clients improve their strength and conditioning levels, body composition and even lifestyle.

Morning Routine

‘Quick shower, coffee and an early morning full body workout.’

30 minutes £60 | 60 minutes £80

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Tyrese

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Top Tip

‘The more you frequently change your training style, the more your body has to adapt much quicker.’



Tyrese is a highly competent, enthusiastic trainer who has proven the ability to help people achieve their fitness goals.

Tyrese has had exposure to all levels of performance and is able to utilise this to tailor individual plans that are innovative and unique.’

Morning Routine

‘My personal morning routine is to complete a daily challenge of 100 pull-ups and 100 push-ups.’

Qualifications

- Level 2 gym instructor
- Level 3 personal training
- Level 3 diploma in sport and exercise science
- Levels 1 and 2 extended certificate in sport

30 minutes £60 | 60 minutes £80

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Thomas

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Top Tip

‘Consistency beats intensity.’



Qualifications

- Level 4 strength and conditioning
- Level 3 diploma in personal training
- Resistance training specialist

Thomas has spent the past eight years working within the fitness industry. He strives to create a training environment that inspires everyone to achieve their goals.

Thomas doesn't design generic programmes; everything he does is tailor-made.

Morning Routine

‘Healthy protein breakfast.’

30 minutes £60 | 60 minutes £80

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Giulliano

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Top Tip
'Consistency is key.'



Qualifications

- Level 3 YMCA personal trainer
- TRX suspension
- Sports nutrition
- Holistic massage

Giulliano's programmes are tailored to his clients' specific goals, built around a unique tracking system to manage progress, motivate and learn about yourself using specific data.

Giulliano also coaches performance-driven sports, like Olympic weight lifting and power lifting.

Morning Routine

'Italian coffee with fresh fruit.'

30 minutes £60 | 60 minutes £80

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Venus

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Top Tip

‘Allow yourself to take up space in the gym, enjoy being a beginner and learning new things, keep moving and challenging yourself physically.’



Qualifications

- Level 3 personal training
- Level 2 fitness instructor
- BSc in sport and exercise science
- Level 1 athletics coach

Venus is dedicated to supporting you to use the power of health, fitness and movement, with a unique attitude towards creating a sustainable lifestyle.

As a former national and international sprinter, Venus has trained with Olympic athletes and coaches.

Morning Routine

‘Every morning is different (and often hectic!) however I will always include some positive affirmations, plenty of hydration and fruit!’

30 minutes £60 | 60 minutes £80

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Mervyn

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Top Tip

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



Qualifications

- Level 3 personal trainer
- Circuit training, gym-based boxing, suspension systems (TRX)
- Kettlebells coaching
- Advanced exercise analysis

Mervyn is an excellent motivator – his enthusiasm, results-focused programmes and in-depth knowledge are what set him apart.

Over the past 10 years, Mervyn has held various positions within the fitness industry, but decided to choose the path where he could help people the most.

Morning Routine

‘A glass of water, a banana and some multivitamins.’

30 minutes £60 | 60 minutes £80

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Rhys

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Top Tip
'Consistency is key.'

Working in the same environment as Olympic athletes and national sporting teams, Rhys Rhys has gained an array of knowledge and experience, incorporating the same driven attitude into his own work.

Rhy's training style will provide you with the perfect mix of fun, technical and disciplined sessions, along with a 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.'

30 minutes £60 | 60 minutes £80

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