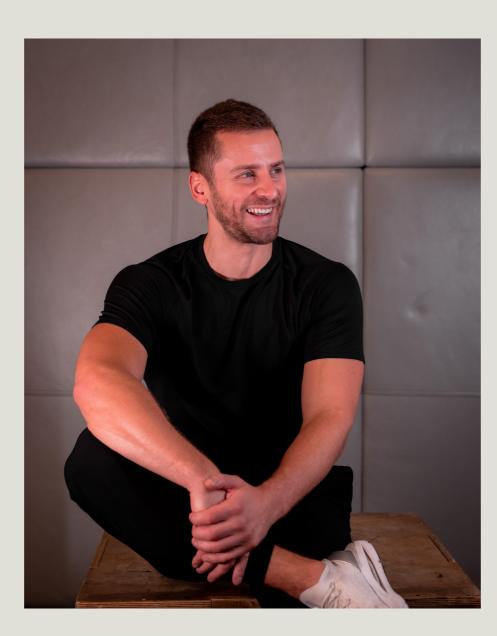
# Ansis



Top Tip 'No excuses.'



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

#### Qualifications

- Level 3 personal training

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

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

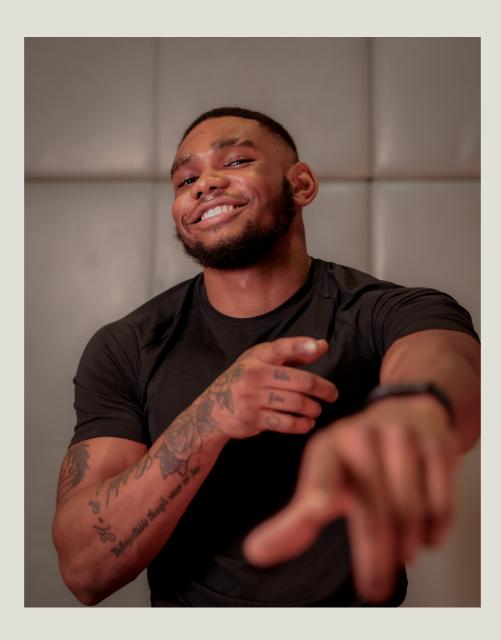
To arrange your appointment book via the SH.APP or email gym.shoreditch@sohohouse.com

# Tyrese

### WHITE CITY GYM

### 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.

and unique.'

### 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

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

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

#### **Morning Routine**

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

## Thomas

#### WHITE CITY GYM SOHO HOUSE

Top Tip 'Consistency beats intensity.'



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.

tailor-made.

### Qualifications

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

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

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Thomas doesn't design generic programmes; everything he does is

#### **Morning Routine**

'Healthy protein breakfast.'

30 minutes £60 | 60 minutes £80

## Giulliano

#### WHITE CITY GYM SOHO HOUSE

Top Tip 'Consistency is key.'



Guilliano'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.

lifting.

#### Qualifications

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

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

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

#### **Morning Routine**

#### 'Italian coffee with fresh fruit.'

30 minutes £60 | 60 minutes £80

# Venus

#### WHITE CITY GYM SOHO HOUSE

#### 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.'



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.

### Qualifications

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

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

#### **Morning Routine**

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

# Mervyn

#### WHITE CITY GYM SOHO HOUSE

Top Tip 'Keep hydrated – water is key to cleansing the system.'



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

### Qualifications

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

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

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