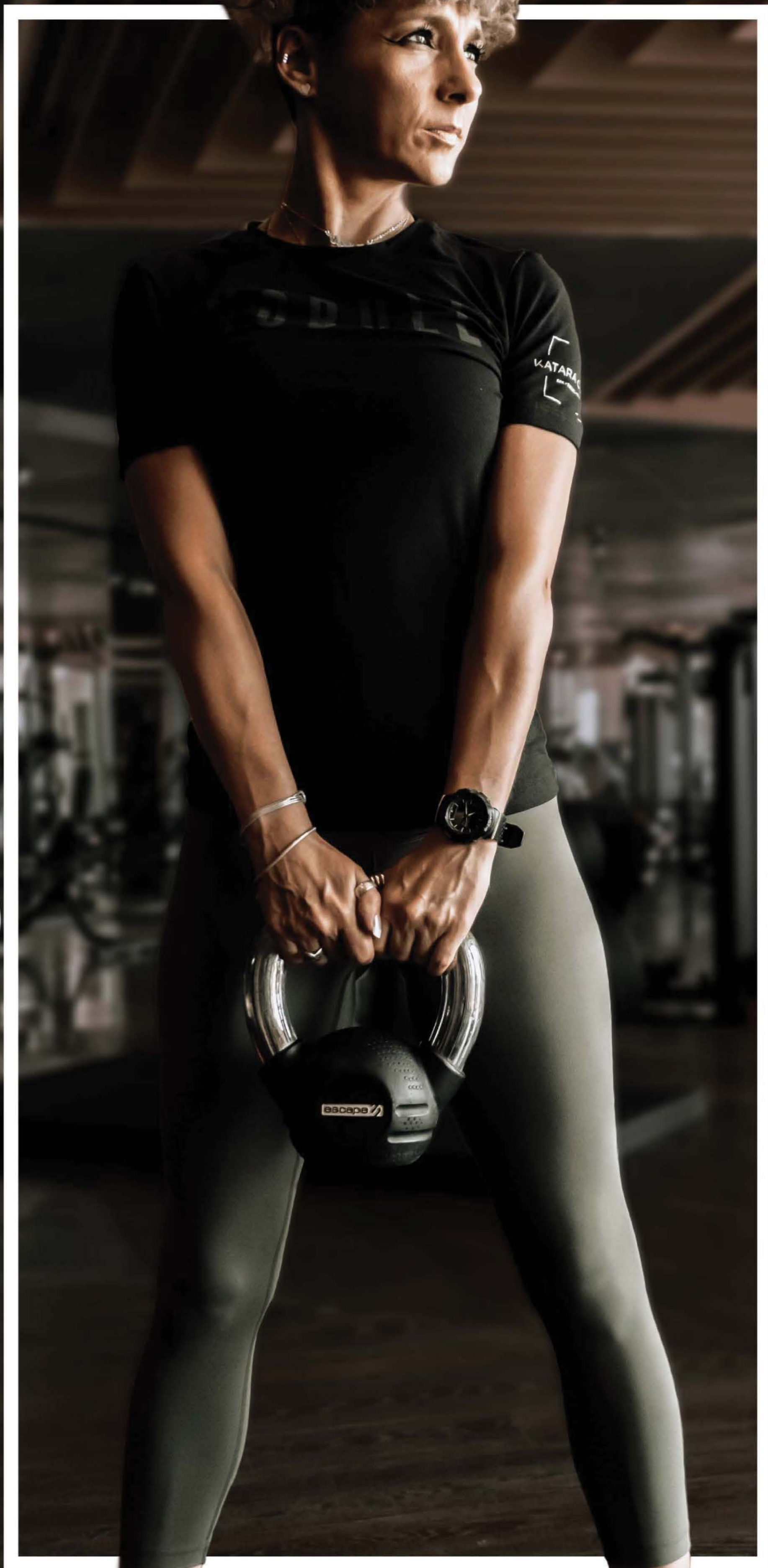


# LORRY





# LORY



With 20 years of experience as a fitness professional, Lory designs and monitors client-specific programmes, focusing on long-term education. She is committed to developing a sense of well-being that inspires and fosters lasting lifestyle changes.

## Qualifications

- ❖ Bachelor's Degree in Sports Science & Management in Sport
- ❖ Certified Prenatal Instructor
- ❖ Pilates Teacher
- ❖ Certified Fitness Instructor
- ❖ Certified Personal Trainer
- ❖ Kinesis – Wellness Institute
- ❖ Certified Bosu Ball Instructor
- ❖ TRX Suspension Trainer – Certified Instructor

## Specialities

- ❖ Strength Training
- ❖ Boot Camp
- ❖ Functional Exercises
- ❖ HIIT
- ❖ Indoor Spinning



DARIA





# DARIA



With over eight years of experience, Daria Honcharenko excels in strength training, functional movement, and weight loss.

Certified in personal and group fitness, she tailors every session to push clients beyond their limits. Her upbeat, motivating style makes every class a fun challenge for all fitness levels. Ready to transform?

## Qualifications

- ❖ Certified as a Personal Trainer
- ❖ Certified Group Programs Trainer
- ❖ Certified Functional Training / HIIT Course Instructor
- ❖ Functional Group Training Course / HIIT Workshop

## Specialities

- ❖ Weight Loss
- ❖ Muscle Gain
- ❖ Weight Management
- ❖ Functional Training
- ❖ Strength and Conditioning



# VICTORIA





# VICTORIA



Victoria is a certified personal trainer, specialising in functional fitness, weightlifting, and strength training for individuals and couples. She creates a comprehensive fitness experience, addressing physical, mental, and emotional well-being. With over 13 years as a trainer and 20 years as an athlete, she emphasises hard work, dedication, and focus, all while ensuring fitness is enjoyable.

## Qualifications

- ❖ Personal Training Certificate – ETA
- ❖ GL Gymnastics Coaching Certificate – SAGF
- ❖ Level 1 Gymnastics Coaching Certificate – SAGF
- ❖ Woodway Speed Training – Lifemax

## Specialities

- ❖ Bodybuilding
- ❖ Weight Loss
- ❖ Muscle Gain
- ❖ Weight Management
- ❖ Gymnastics
- ❖ Strength and Conditioning
- ❖ Functional Training



CANDICE





# CANDICE



Candice's ascent in the fitness industry has been fuelled by sheer motivation. Training hard and smart is the norm here, and no one embodies it better than Candice. Her passion for continuous learning and improvement drives her to push her clients beyond their plateaus.

## Qualifications

- ❖ Certified Personal Trainer
- ❖ Certified Olympic Weightlifting Coach
- ❖ Les Mills Group Instructor

## Specialities

- ❖ Functional Bodybuilding
- ❖ Strength and Conditioning
- ❖ Lifestyle Restructuring
- ❖ Movement Rehabilitation



# SAVANNAH





# SAVANNAH



Sav brings a dynamic and energetic approach to fitness, focusing on achieving a holistic approach to her clients' health and well-being. She is dedicated to guiding each client through their fitness journey to achieve transformative results and exceed their goals, promoting lifelong habits that enhance their overall wellness.

## Qualifications

- ❖ Individual Fitness Instructor, NOF Level 4
- ❖ Group Fitness Instructor, NQF Level 4
- ❖ Higher Certificate in Exercise Science, NOF Level 5
- ❖ Advanced Certificate in Exercise Science, NQF Level 6
- ❖ Advanced Nutritional Therapist
- ❖ Certified Spinning Instructor

## Specialities

- ❖ Strength Training
- ❖ Boot Camp
- ❖ Functional Exercises
- ❖ HIIT
- ❖ Indoor Spinning



# FROSINIA





# FROSINA



Frosina is a dedicated fitness personal trainer with over 8 years of experience. As a retired track and field athlete, she utilises her athletic background to tailor training programmes for each client. Frosina is committed to guiding her clients on nutrition and lifestyle balance. She is certified in strength training, conditioning, nutrition, and body composition, ensuring a comprehensive approach to wellness.

## Qualifications

- ❖ Certified Personal Trainer (ISSA)
- ❖ Certified Elite Trainer (ISSA)
- ❖ Specialist in Sports Nutrition (ISSA)
- ❖ Specialist in Strength and Conditioning (ISSA)

## Specialities

- ❖ Body Recomposition
- ❖ Sports Nutrition Specialist
- ❖ Strength and Conditioning



DORRA





# DORRA



Dorra's career leading the Tunisian National Volleyball Team has instilled a unique competitive edge in her. As a mother of two and a CrossFit enthusiast in the gym, you needn't look any further for inspiration and motivation to overcome excuses.

## Qualifications

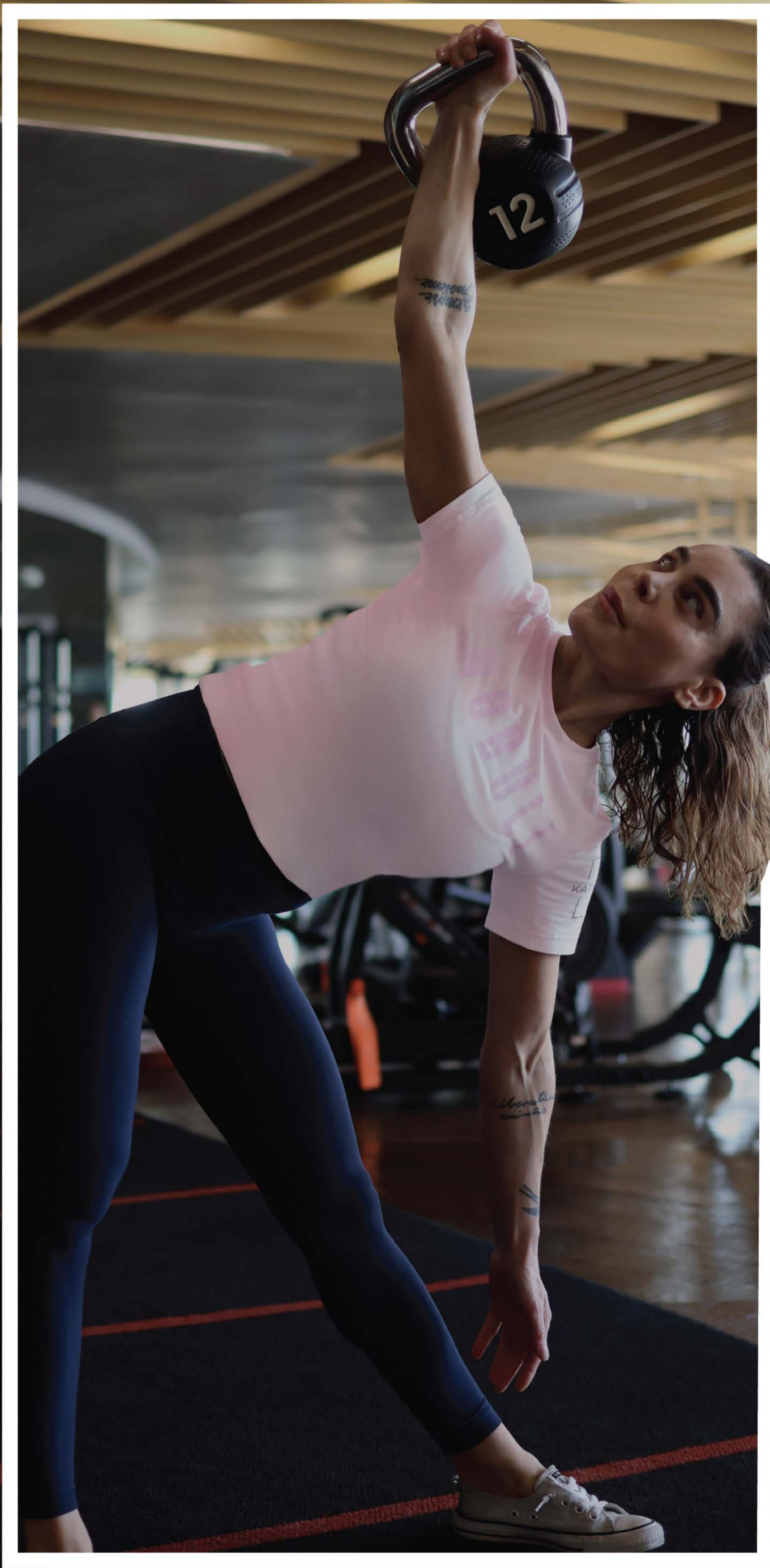
- ❖ CrossFit Trainer Level 2
- ❖ CF Weightlifting Level 1
- ❖ Certified Prenatal Instructor
- ❖ CrossFit Kids Trainer
- ❖ Volleyball Trainer

## Specialities

- ❖ Functional Movements
- ❖ Strength Conditioning
- ❖ Weightlifting
- ❖ Gymnastics
- ❖ Pregnancy and Postpartum Fitness
- ❖ Metabolism Conditioning
- ❖ Mobility
- ❖ Knee and Shoulder Rehabilitation



# CAROLIN





# CAROLIN



Carolin, a Level 3 certified Personal Trainer and Pilates Instructor, specialises in assisting individuals with body recomposition and injury recovery. Her training focuses on developing balance and strength, empowering her clients to achieve optimal physical wellness.

## Qualifications

- ❖ Level 3 Personal Trainer Certification
- ❖ Pilates Instructor Certified
- ❖ CF Gymnastics Coach
- ❖ StrongFirst Kettlebell Instructor
- ❖ Metabolic Analytics/Body Recomposition Coach
- ❖ LCHF Nutrition Coach/Primal Restoration Specialist

## Specialities

- ❖ Strength and Conditioning
- ❖ Pilates
- ❖ Metabolic Analytics/Body Recomposition