

RICK



RICK

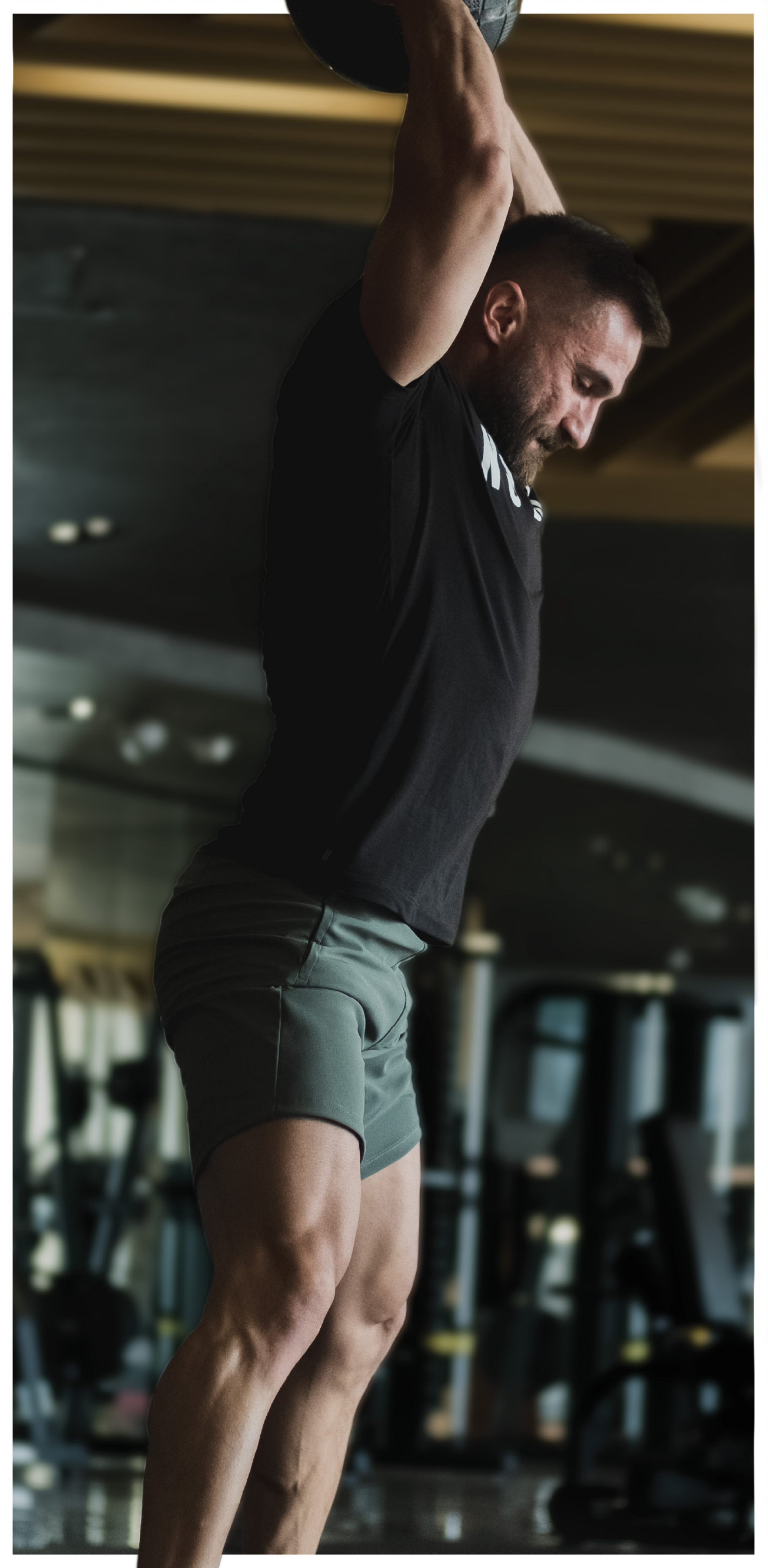


With over three decades dedicated to health and well-being, Rick is a true veteran of the fitness world. His journey covers a wide range of national and local recognitions in bodybuilding and a wealth of experience in transforming bodies. Whether on the competitive stage or in everyday life, Rick guides his clients to amazing bodybuilding transformations.

Specialities

- ❖ Body Sculpting
- ❖ Beginner to Advanced Training
- ❖ Biomechanics
- ❖ Lifestyle Training
- ❖ Nutrition Coaching

MICHEL



MICHEL



Don't be fooled by his quiet demeanour; Michel won't let excuses slide. His work is defined by exceptional results, and nothing less suffices. Grind out those sets, and leave the rest to him.

Qualifications

- ❖ ISSA Master Trainer
- ❖ ISSA Strength & Conditioning Coach
- ❖ ISSA Senior Fitness Coach
- ❖ ISSA Elite Trainer
- ❖ ISSA Strength & Conditioning Specialist
- ❖ ISSA Fitness Nutrition Specialist
- ❖ NSCA Strength/Conditioning
- ❖ NSCA Speed & Strength Conditioning
- ❖ NGSF Olympic Weightlifting
- ❖ Natural Bodybuilding Competitor

Specialities

- ❖ Weightlifting
- ❖ Functional Training
- ❖ Olympic Weightlifting
- ❖ Nutrition Coaching
- ❖ Strength and Conditioning

UROOS



UROS



Affectionately known as 'The Professor', Uros is the longest-serving member of the Fitness Team. A former basketball player and coach, Uros embodies discipline. Every detail of a client's goals is taken into consideration when training with Uros.

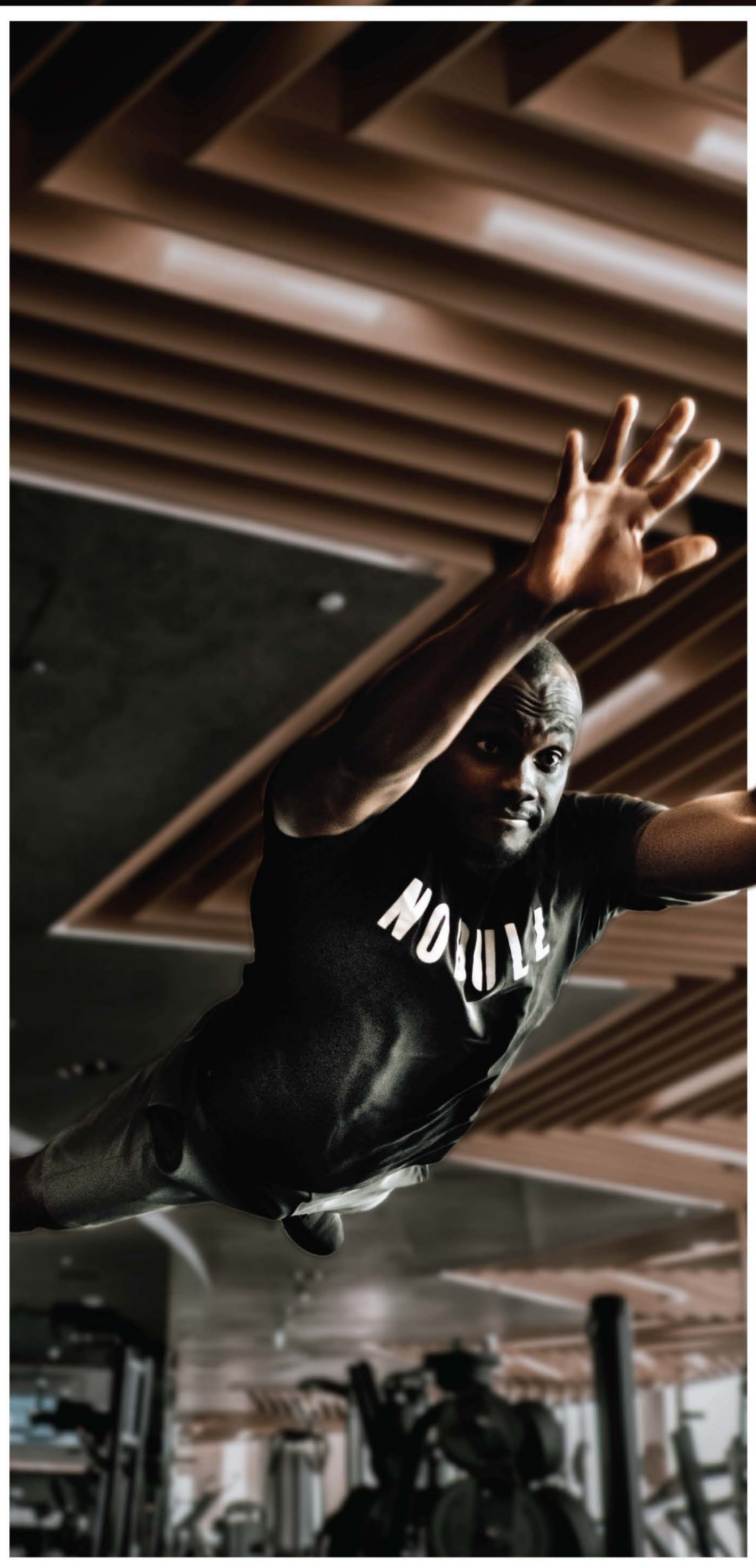
Qualifications

- ❖ Bachelor's Degree in Physical Education

Specialities

- ❖ Weight Loss
- ❖ Functional Bodybuilding
- ❖ Plyometric Workout
- ❖ Corrective Gymnastics
- ❖ Pool Fitness and Swimming

WILL
TIM



WILL



Dynamic and creative, Will is all about setting a positive vibe. With a multidisciplinary background, he consistently generates new ideas and methods, always keeping sessions interesting and backed by his famously infectious personality.

Qualifications

- ❖ IFA Certified Fitness Instructor
- ❖ IFA Certified Bootcamp Instructor
- ❖ IFA Certified Indoor Cycling Instructor
- ❖ IFA Certified Boxing Instructor
- ❖ IFA Certified Suspension Training Instructor

Specialities

- ❖ Strength and Conditioning
- ❖ Functional Training
- ❖ HIIT
- ❖ Muscle Building

SIMBA



SIMBA



As an ex-professional footballer, Coach Simba will build your strength, confidence, and resilience through tailored fitness exercises and health goal setting.

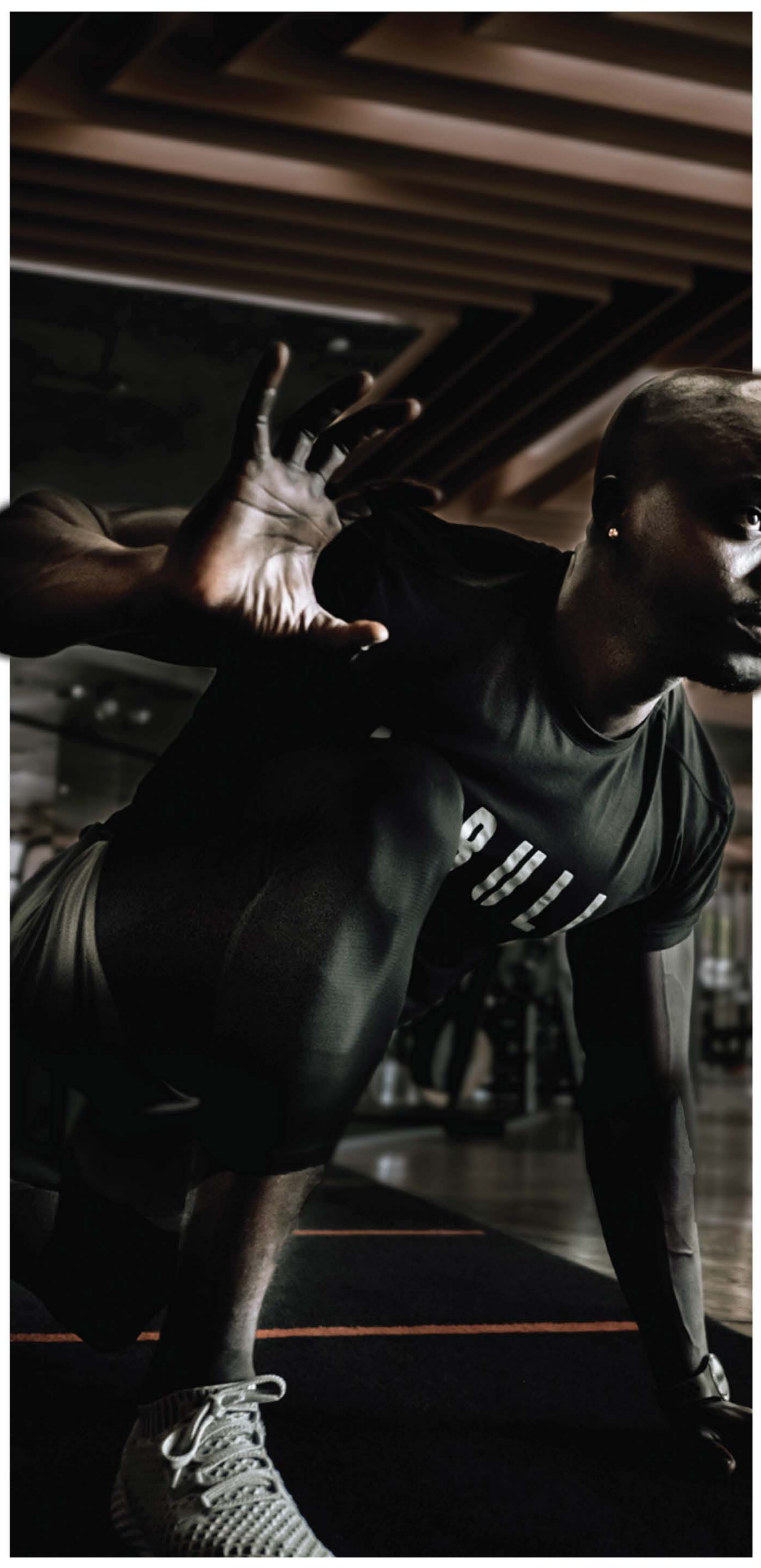
Qualifications

- ❖ Sport Science with ETA
- ❖ Level D, C, and B coaching badges with AFC
- ❖ Spinning Instructor

Specialities

- ❖ Weight Loss
- ❖ Strength and Conditioning
- ❖ Sports-Specific Training
- ❖ Boxing
- ❖ HIIT
- ❖ Muscle Gain
- ❖ Aerobics
- ❖ Boot Camp
- ❖ Water Aerobics
- ❖ Padel Exercises
- ❖ Football Exercises

CLIFF



CLIFF



Energy. Energy. Energy. That is Cliff's game, and he won't stop pushing limits. With Cliff, you must trust the process and prove yourself to yourself. Whether it's his famous 'Animal Flow' or his intense circuits, every drop of sweat is earned.

Qualifications

- ❖ Certified Personal Trainer
- ❖ Certified Boxing Instructor
- ❖ Certified Kettlebell Instructor
- ❖ Certified Suspension Instructor
- ❖ Certified Indoor Cycling Instructor
- ❖ Certified Bootcamp Instructor

Specialities

- ❖ Men's Health & Fitness
- ❖ Boxing
- ❖ Movement Coaching



ER

JJ



With JJ, expect an old-school bodybuilding approach. Mental and physical grit are guaranteed. Overall, you'll gain confidence, learn dedication, and, most importantly, build a quality and maintainable healthy lifestyle.

Qualifications

- ❖ Certificate of Personal Training ISSA

Specialities

- ❖ Bodybuilding
- ❖ Fat Loss
- ❖ HIIT
- ❖ Weight Loss Training
- ❖ Creating and Customising Training Plans
- ❖ Strength and Conditioning
- ❖ Developing Diet and Nutrition Management Programmes
- ❖ Sports Psychology