



THE LENSBURY

Personal Training

KICK-START YOUR FITNESS JOURNEY

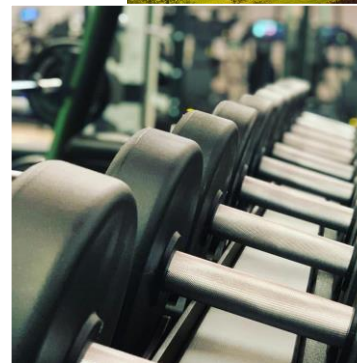
Reach your goals, enhance your fitness and stay motivated with our team of experienced personal trainers at The Lensbury Club.

Book a series of personal training sessions and enjoy a bespoke fitness routine tailored to your exact requirements.

Contact our expert trainers to discuss your goals and start your fitness journey today.

Leon Williams
Fitness Manager

leon.williams@lensbury.com
020 8614 3040





Personal Training

ACHIEVE YOUR FITNESS GOALS

1x 30-minute session

£30

5x 30 minute sessions

£125

10x 30-minute sessions

£250

1x 60-minute session

£50

5x 60-minute sessions

£225

10x 60-minute sessions

£400



Scott

STRENGTH AND CONDITIONING | ENDURANCE | SPORT SPECIFIC

If you require motivation and drive, Scott is your PT!

Scott has always been involved in sports, playing Rugby for local teams, Teddington & Harlequin Amateurs.

Scott participates in many skilled endurance events and has developed a great understanding of what methods will work to achieve success. He will work with you to break down any mental obstacles, pushing past your limits to make you realise your goals.

- Level 4 Strength & Conditioning Specialist
- Level 3 Personal trainer
- Level 3 Sports Coaching, Fitness and Sports Development
- Level 2 Group Cycling Instructor
- Level 2 Fitness instructor
- Level 2 Exercise and Physical Activity for Children





Julia

FUNCTIONAL AND WEIGHT TRAINING

Julia's greatest joy is seeing her clients grow stronger and take charge of their wellbeing.

Julia loves all sports; she has a huge passion for swimming and has been a swimming teacher for over 4 years.

Alongside this, her training for her PT qualification has cemented Julia's decision to continue her sporting journey. Julia loves the impact a client's progression has on her as well as them, which has given her the motivation to help people - whatever their goals.

Level 3 Personal Trainer
Level 2 Fitness Instructor
ASA Level 2 Swimming Instructor
STA Pre-School Swimming Instructor





Harry

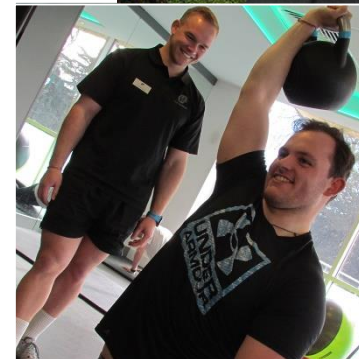
SPORT SPECIFIC | STRENGTH | MOVEMENT AND MOBILITY

Harry believes that resistance training is the key for injury prevention and efficient movement in everyday life.

Harry comes from a background of playing and coaching rugby at a county and national level, most notably with Middlesex County and the RFU. These opportunities have allowed him to understand athletic development among all age ranges and the crucial role of injury prevention within each individual's fitness career.

Harry believes that athletic development is a journey to movement proficiency and an injury-free fitness career.

Level 3 Personal Trainer
Level 2 Fitness Instructor
BSc Sports Science Degree
Level 2 Rugby Coaching
Level 1 Badminton Coaching





Hamid

STRENGTH | MOVEMENT | FLEXIBILITY AND REHABILITATION

Hamid believes that training should be fun, progressive and tailored to your lifestyle and goals.

Hamid has a passion for fitness, health and well-being. His first love is sport, and he has been involved in all levels from competing to coaching in various sports. Hamid has been in the fitness industry for over 7 years.

As a firm believer in empowerment through movement and balance, he was drawn to the art of Pilates.

By understanding injury prevention and rehabilitation benefits, as well the strengthening and sculpting benefits, Hamid can help improve posture, muscle tone, balance and joint mobility, as well as relieve stress and tension.





Albane

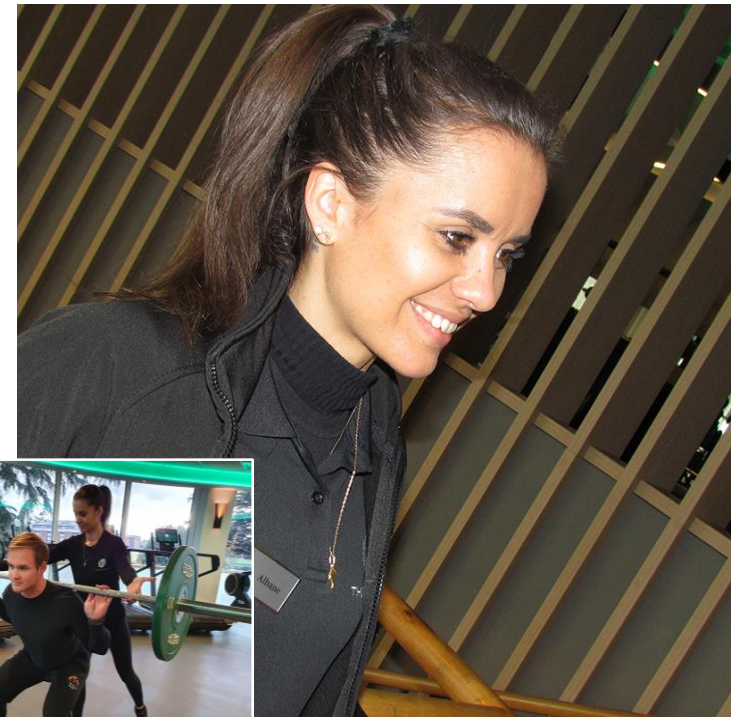
WEIGHT LOSS, TONING, RECOVERY AND REHABILITATION

Albane travelled the world as a professional dancer for 10 years.

Albane still incorporates her love of movement as a personal trainer and yoga teacher. She is qualified in pre and post-natal exercise and nutrition as well as an exercise referral instructor, which enables her to help people suffering from specific medical conditions.

Albane has a well-rounded approach to her training and loves working with clients' different fitness goals. Whether you want to improve your health, lose weight, increase your mobility, optimise your pregnancy or manage and improve your medical conditions - Albane will be there to support and encourage you throughout the entire process.

Level 2 Health and Fitness coach
Level 3 Personal Trainer
Level 3 Pre & Post-Natal Exercise
Nutrition Specialist
Level 3 Exercise Referral Instructor
Professional Dancer
Yoga Teacher





Amanda

RECOVERY AND REHABILITATION

Amanda has tailored her knowledge and qualifications towards specialising in rehabilitation.

Amanda has worked in the leisure industry for over 20 years. After a stay in hospital in 2016, Amanda had to learn to walk again. Personal injury and illness has highlighted how beneficial exercise can be when prescribed for recovery.

Level 4 Diploma in Specialist Exercise (Low Back Pain)

Level 4 Certificate in Physical Activity and Lifestyle Strategies for Managing Low Back Pain

Level 3 Diploma in Exercise referral | Level 3 Instructing Physical Activity for Pre/Post Natal Exercise

