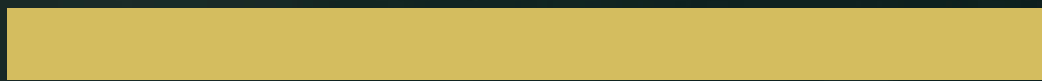




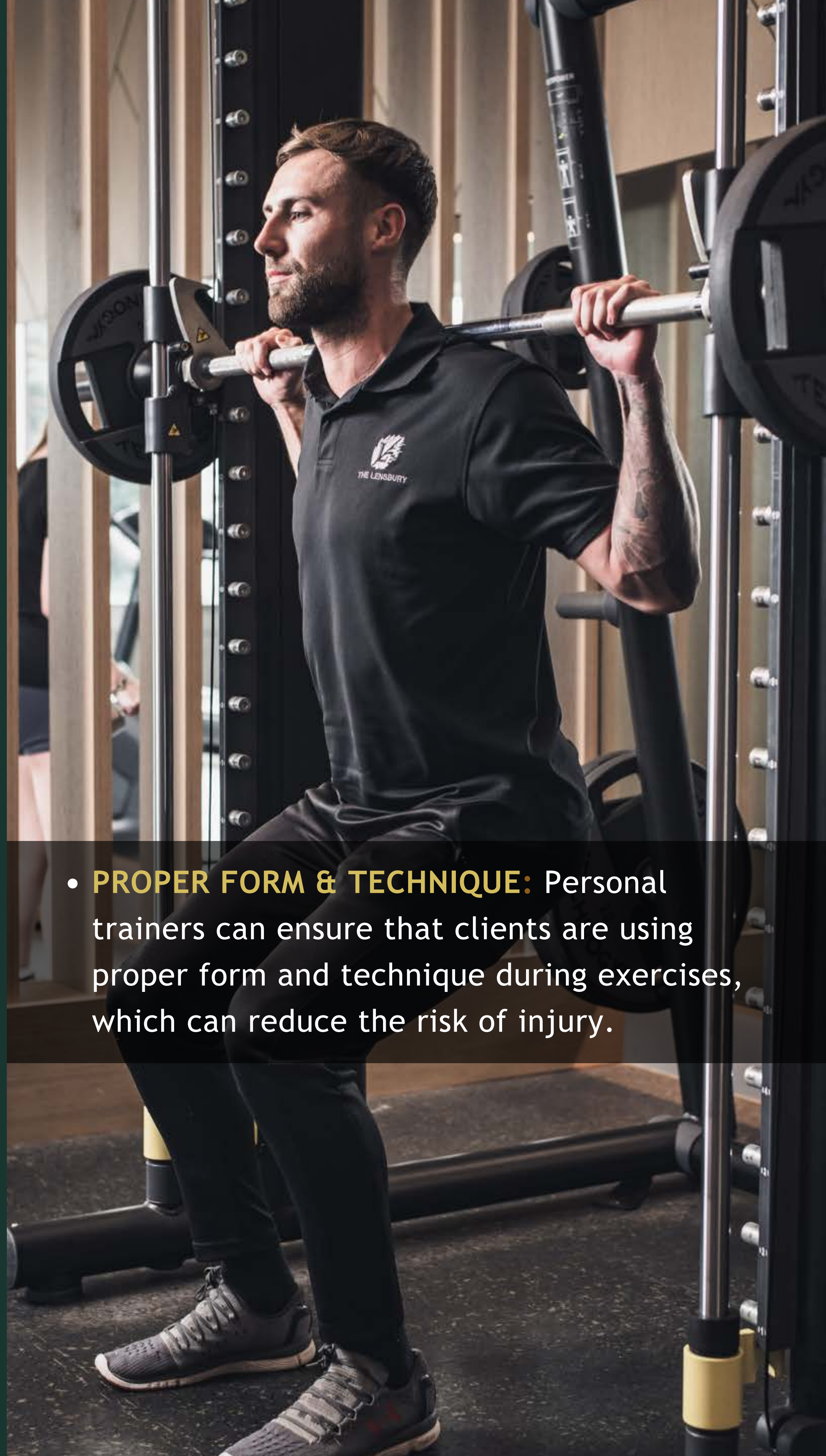
PERSONAL TRAINING



WHY PERSONAL TRAINING BENEFITS

- **PERSONALISED ATTENTION:** Personal trainers can provide individualized attention to clients, taking into account their fitness goals, medical history, and current fitness level.
- **ACCOUNTABILITY:** Personal trainers can help keep clients accountable by setting goals, tracking progress, and providing motivation.

- **PROPER FORM & TECHNIQUE:** Personal trainers can ensure that clients are using proper form and technique during exercises, which can reduce the risk of injury.



WHY PERSONAL TRAINING BENEFITS

- **VARIETY:** Personal trainers can introduce clients to new exercises and workout routines, which can help prevent boredom and plateaus in progress.
- **INJURY PREVENTION & REHABILITATION:** Personal trainers can work with clients to prevent injuries and help with rehabilitation after an injury or surgery.
- **EFFICIENCY:** Personal trainers can design workouts that are efficient and effective, allowing clients to achieve their fitness goals in less time than they would on their own.

- 
- A personal trainer, a woman with blonde hair tied back, is assisting a male client who is lying on his back on a black mat. The client has a cast on his right leg. The trainer is holding the client's right leg, possibly checking the fit of the cast or providing support. They are in a modern gym with large windows and various exercise machines in the background. The trainer is wearing a black polo shirt with a logo that says 'THE LENS BURY'.
- **MENTAL HEALTH & BENEFITS:** Exercise has been shown to have a positive impact on mental health, and personal trainers can help clients achieve better mental health by designing workouts that focus on stress reduction and mood improvement.



LEON

FITNESS & STUDIO MANAGER

Leon has over 12 years of professional experience in fitness and currently manages Lockside, classes & studios at The Lensbury

If you have any queries about The Lensbury's gym facilities, Reformer Pilates or classes please contact Leon on the below.

Feel free to say hi when you see him about!



Level 2 Fitness Instructor
Level 3 Personal Trainer
Advanced Personal Trainer

ANDREA

SENIOR INSTRUCTOR

BODY RECOMPOSITION |

FAT LOSS | SCULPTING

Andrea is a passionate advocate for health and fitness, specializing in weight training and body transformation.

Her journey began as a mother of two when transitioning from cardio workouts to weightlifting. She's devoted in guiding clients on their fitness journeys, finding joy in their growth as they become stronger and more confident, moving closer to their best selves.

Join Andrea on a path to improved well-being, using weight training as a powerful tool for physical transformation, self-assurance, and lasting vitality.

TO BOOK:

ANDREA.MALINS@LENSBURY.COM



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

ALBANE

WEIGHT LOSS | TONING | RECOVERY & 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.

TO BOOK:

ANDEREA.MALINS@LENSBURY.COM



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
Fitpro Training Client with Joint Replacements
Level 2 Certificate in Falls Prevention Awareness

AMANDA RECOVERY & 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.

TO BOOK:
ANDEREA.MALINS@LENSBURY.COM



Bachelor of Science Kinesiology - Sports Management
Level 3 Personal Trainer
FA Introduction to Football Coaching, Fitness and
Sports Development
Level 2 Fitness Instructor
Nutrition Specialist

BRANDON

STRENGTH & CONDITIONING - ENDURANCE SPORT SPECIFIC

Brandon loves to help his clients grow, reach their goals, and increase their overall happiness.

Brandon has a huge passion for football, having played and won awards at the National level in England and the United States.

Gaining his PT qualification has allowed Brandon to continue his sporting journey.

TO BOOK:

ANDEREA.MALINS@LENSBURY.COM



Level 4 Exercise for Management of Low Back Pain
Level 3 Personal Trainer
Level 3 Mat Based Pilates
Level 2 Group Cycling Instructor
Level 2 Fitness Instructor
Hatton ABC Advanced Boxing Coach

HAMID

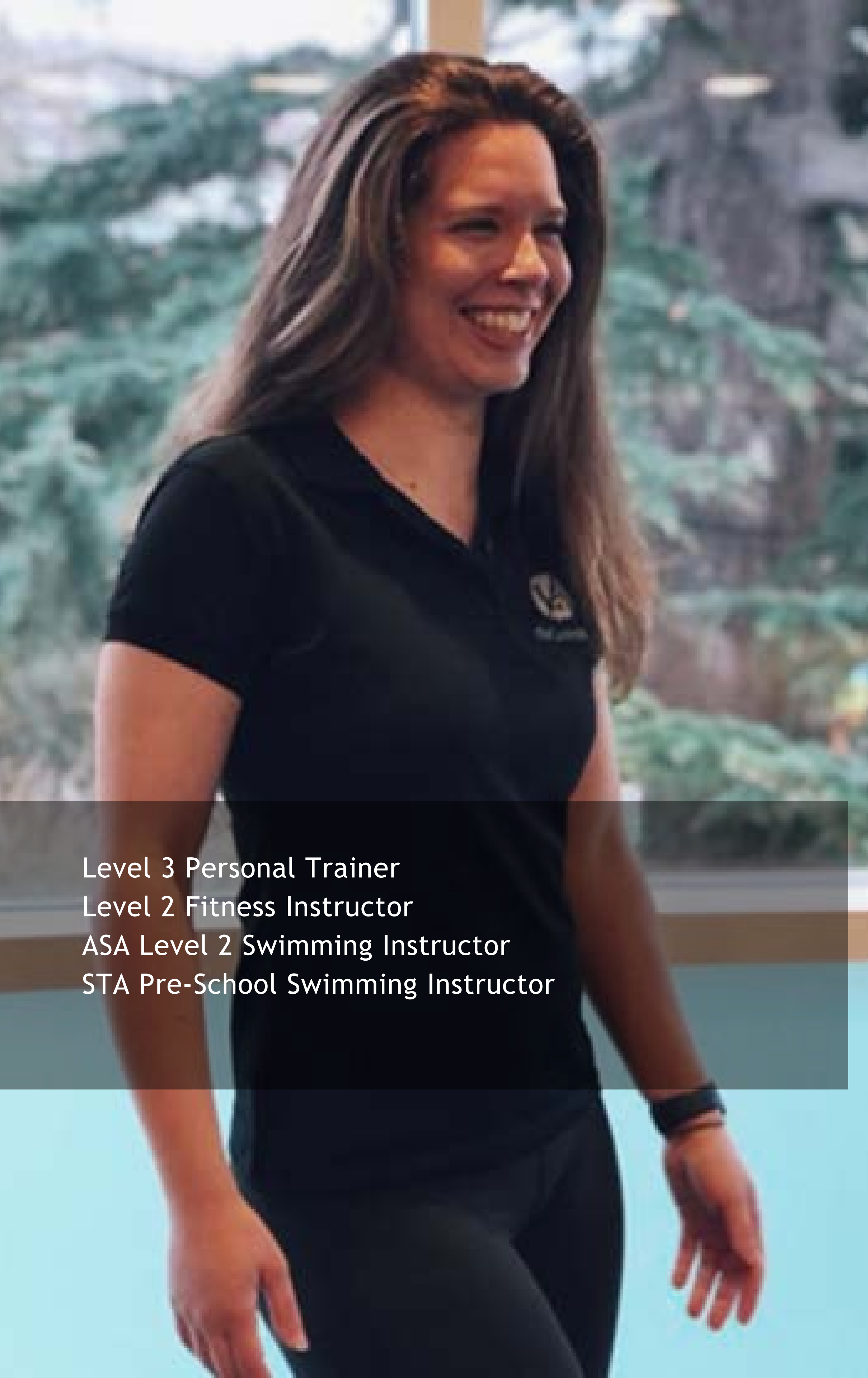
STRENGTH | MOVEMENT FLEXIBILITY & REHABILITATION

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.

Hamid has been in the fitness industry for over 8 years. As a firm believer in empowerment through movement and balance, he was drawn to the art of Pilates.

TO BOOK:

ANDEREA.MALINS@LENSBURY.COM



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

JULIA

FUNCTIONAL & WEIGHT TRAINING

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

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.

TO BOOK:

ANDEREA.MALINS@LENSBURY.COM



Level 3 Personal Training
Level 2 Fitness Instructor

NATASHA

WEIGHT TRAINING | WEIGHT LOSS | TONING

Natasha's passion for strength and resistance training is reflected in her style of coaching.

Natasha has discovered the amazing benefits and results that resistance training can bring, not only in sculpting and toning the body but also the cardiovascular benefits, which have resulted in sustained weight loss.

TO BOOK:

ANDEREA.MALINS@LENSBURY.COM



Level 3 Personal Training
Level 2 Gym-based Boxing
Level 2 LesMills Bodypump
Level 2 Zumba
Level 2 Circuits Training
Level 2 Spinning
Level 2 Fitness Instructor

VOLKAN

SPORT SPECIFIC | FITNESS MOVEMENT & MOBILITY

Volkan will help you reach your goals, should it be muscle gain, fat loss, toning or just staying fit!

He has been in the fitness industry for more than 20 years, having previously completed military service followed by 12 years experience as a professional dancer. Eventually he came back to his passion of fitness and personal training drawing from all his experiences.

TO BOOK:

ANDEREA.MALINS@LENSBURY.COM



Mihai
Level 4 Sports Massage Therapy
Medical Acupuncture
Hatha Yoga Teacher Certified
Osteopathy (pending)

ENSURE YOUR GAME READY SPORTS MASSAGE THERAPIST

Look after your body with a visit to our sports and mobility therapist, Mihai.

Using non-invasive practices, from deep tissue & trigger point therapy to exercises for improved posture and joint movement, Mihai can tailor treatments to best meet your needs.

TO BOOK, VISIT
WWW.LENSBURY.COM/SPA



THE LENSURY



lensbury.com | 020 8614 6420