

LORRY



# LORY



With 20 years of experience as a fitness pro, Lory designs and monitors client specific programs, focusing on long-term education. Result-driven, she is focused on developing a sense of well-being, which helps inspire and generate lasting lifestyle changes.

## Qualifications

- ❖ Bachelor 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 training
- ❖ Indoor spinning

DORRA



# DORRA



Dorra's career leading the Tunisian National Volleyball Team carved out a unique competitive edge in her. As a mother of two, and a CrossFit machine in the gym, you don't need to look any further for inspiration and a way to overcome excuses.

## Qualifications

- ❖ CrossFit trainer level 2
- ❖ CF weightlifting level 1
- ❖ Certified Prenatal instructor
- ❖ CrossFit kids
- ❖ Volleyball trainer

## Specialities

- ❖ Functional movements
- ❖ Strength conditioning
- ❖ Weightlifting
- ❖ Gymnastics
- ❖ Pregnancy and postpartum
- ❖ Metabolism conditioning
- ❖ Mobility
- ❖ Knees/ shoulders Rehabilitation

# FROSINIA



# FROSINA



Frosina is a dedicated fitness personal trainer with over 8 years of experience. As a retired track and field athlete, she leverages her athletic background to customize training programs 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

- ❖ ISSA Certified Personal Trainer
- ❖ ISSA Sports Nutrition Specialist
- ❖ ISSA Strength & Conditioning

## Specialities

- ❖ Certified personal trainer ISSA
- ❖ Certified elite trainer ISSA
- ❖ Specialist in sports nutrition ISSA
- ❖ Specialist in strength and conditioning ISSA

# CANDICE



# CANDICE



Candice's rise in the fitness industry was driven by pure motivation. Training hard, and smart, is the standard here, and no one personifies it more than Candice. The passion to keep on learning and improving pushes her to push her clients past their plateaus.

## Qualifications

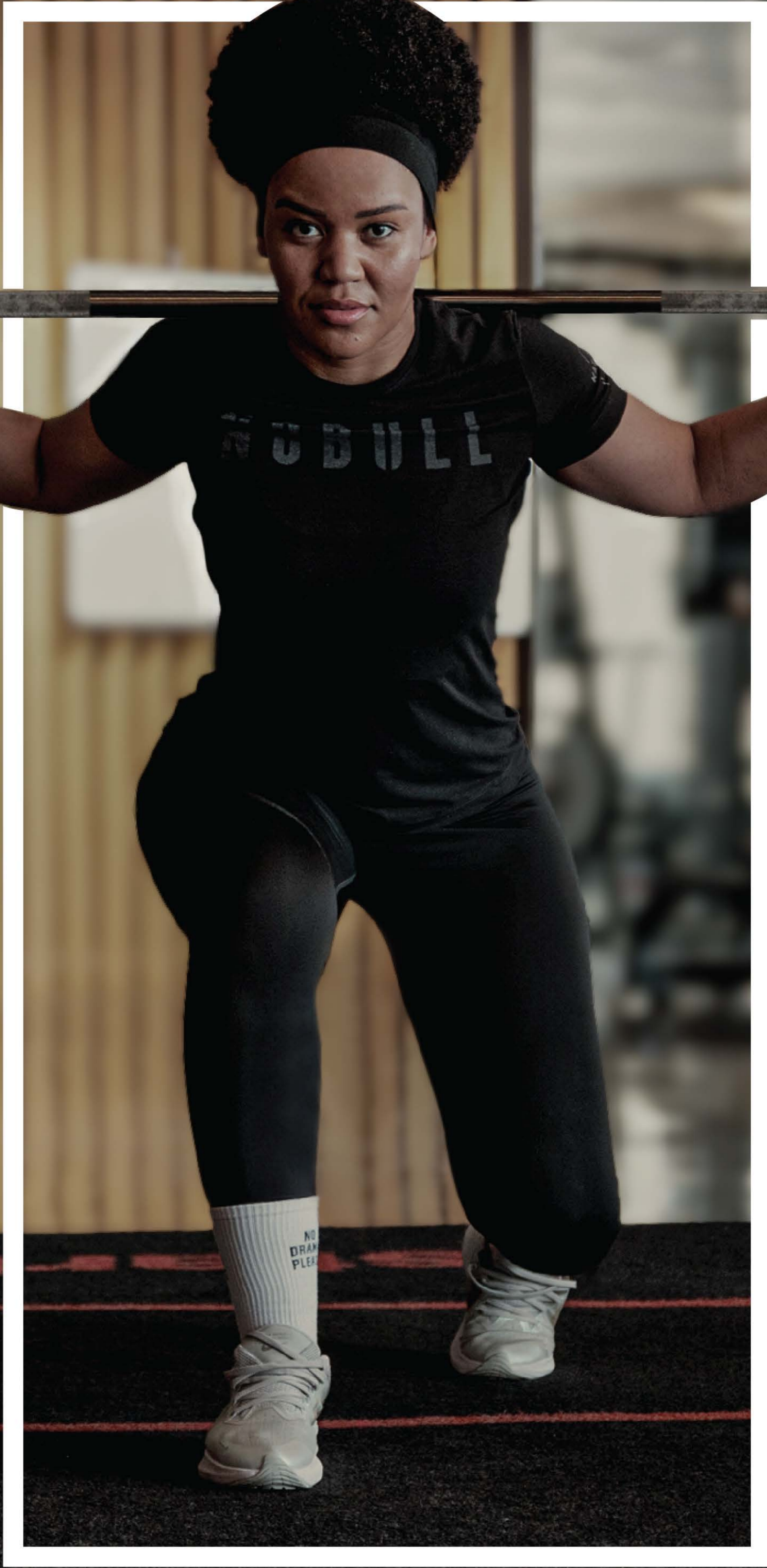
- ❖ Certified Personal Trainer
- ❖ Certified Olympic Weightlifting Coach
- ❖ Les Mills Group Instructor

## Specialities

- ❖ Functional Bodybuilding
- ❖ Strength & Conditioning
- ❖ Lifestyle Restructures
- ❖ Movement Rehabilitation



# SAVANNAH



# SAVANNAH



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

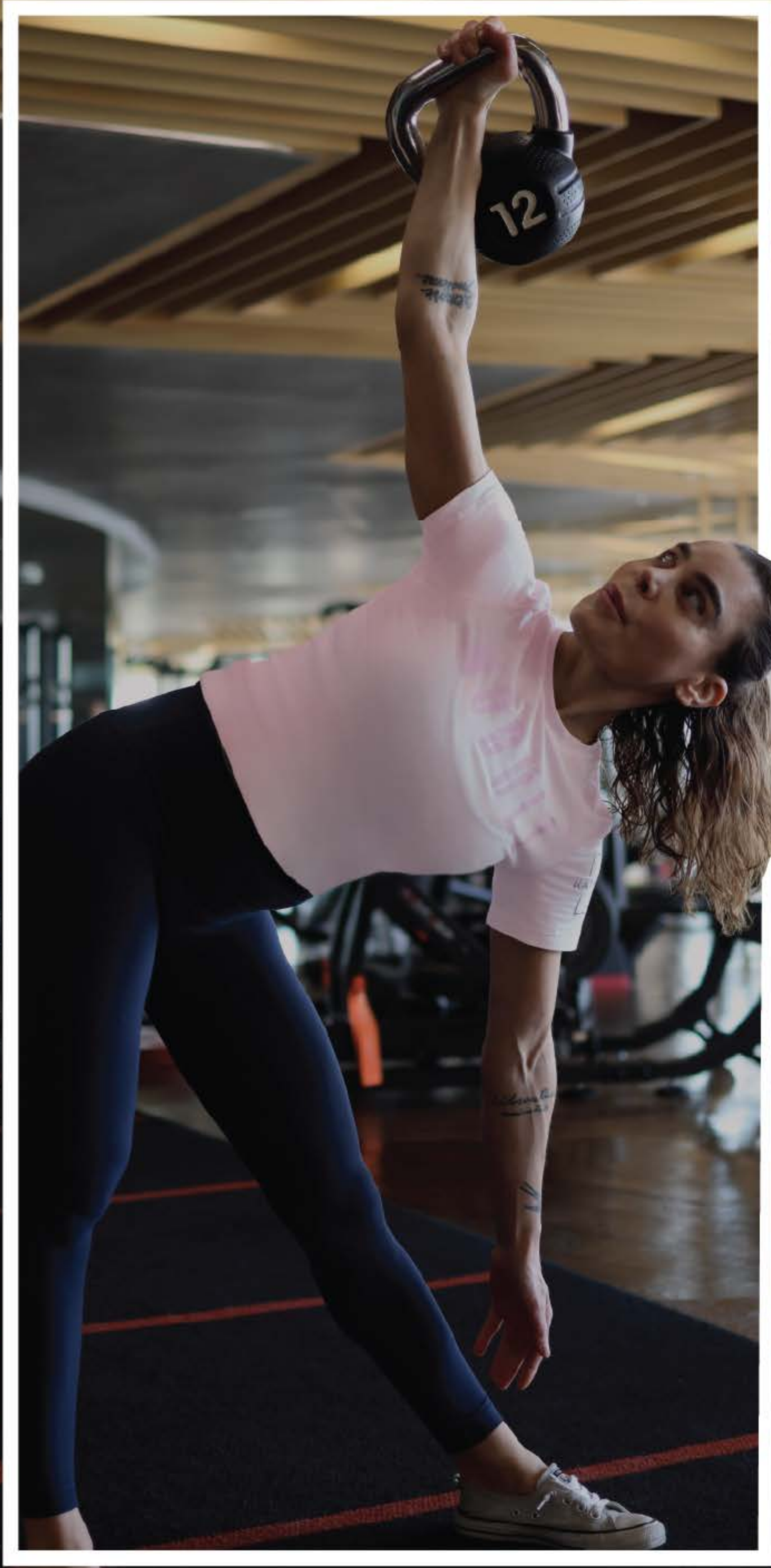
## Qualifications

- ❖ Individual fitness instructor NQF LEVEL 4
- ❖ Group Fitness Instructor NQF LEVEL 4
- ❖ Higher Certificate in Exercise Science NQF LEVEL 5
- ❖ Advanced Certificate in Exercise Science NQF LEVEL 6
- ❖ Advanced Nutritional Therapist
- ❖ Certified Spinning Instructor

## Specialities

- ❖ Strength training
- ❖ Boot camp
- ❖ Functional exercises
- ❖ HIIT training
- ❖ Indoor spinning

# 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

VICTORIA



# VICTORIA



Victoria is a powerhouse personal trainer specialising in functional fitness, weightlifting, and strength training. She crafts transformative fitness journeys that boost physical strength, mental resilience, and emotional vitality. With 13+ years as a trainer and 20 years as an athlete, she combines hard work, focus, and dedication, making every session a rewarding experience.

## 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 & Conditioning
- ❖ Functional Training