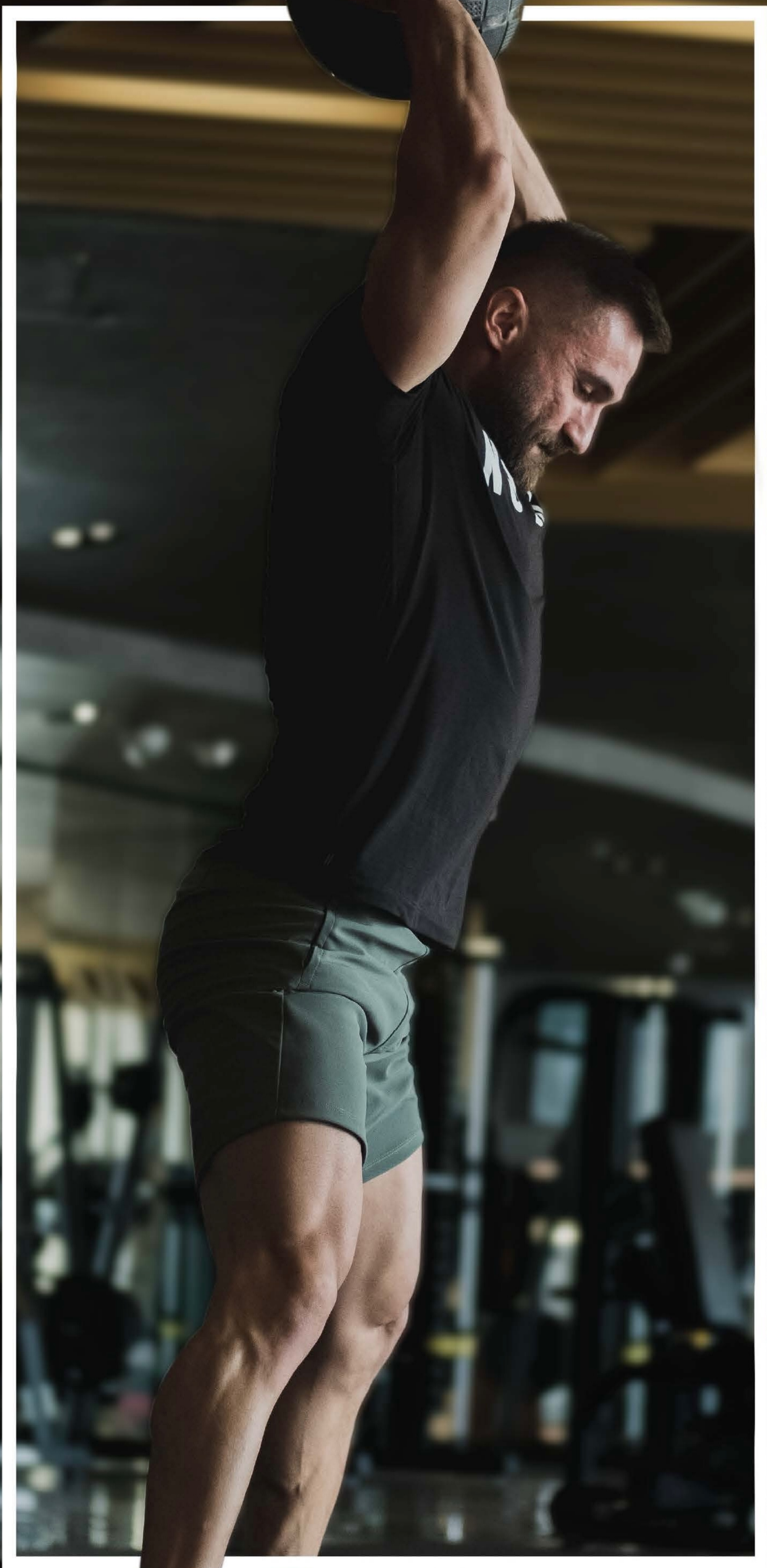


MICHEL



MICHEL



Don't get fooled by his quiet demeanor, Michel won't let excuses slide. His work is defined by his exceptional results, and nothing less suffices. Grind out those sets, 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
- ❖ NCSF Olympic Weightlifting

Specialities

- ❖ Weightlifting
- ❖ Functional training
- ❖ Olympic Weightlifting
- ❖ Nutrition
- ❖ Strength & Conditioning

FEEL CLIFF



CLIFF



Energy. Energy. Energy. That's Cliff's game, and he won't stop pushing limits. With Cliff, you have to trust the process and prove yourself to yourself. Be it 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 Coach

WILL
TIM



WILL



Dynamic and creative, he's all about setting a good vibe. Will's got a multi-disciplined background, which helps him come up with new ideas and methods, always keeping things interesting, and always 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 & Conditioning
- ❖ Functional Training
- ❖ High Intensity Training
- ❖ Muscle Building

URROS



UROS



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

Qualifications

- ❖ Bachelor's Degree in Physical Education

Specialities

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

SIMBA



SIMBA



As an ex-professional footballer, Coach Simba will build your strength, confidence, and resilience through his tailored fitness exercise and health goals 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
- ❖ Boxing
- ❖ HIIT
- ❖ Muscle gain
- ❖ Aerobics
- ❖ Bootcamp
- ❖ Water aerobics
- ❖ Padel exercises
- ❖ Football exercises



ER

JJ



With JJ, expect an old-school bodybuilding approach. Mental and physical grit is a guarantee. 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 Workouts
- ❖ Weight Loss Training
- ❖ Creating and Customizing Training Plans
- ❖ Strength and Conditioning
- ❖ Developing Diet and Nutrition management programs
- ❖ Sports Psychology

RICK



NOBULL

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