

**Mahsa Fouladvand**  
Personal Trainer



### How can I help you improve your health?

I believe having a personal trainer is not just someone who will give you an exercise plan, it's also someone who will help you to be mentally, physically and emotionally ready to achieve your health and fitness goals. As a level 3 qualified personal trainer with a Masters in Clinical Psychology, I will be able to look at the various aspects of your health and lifestyle to design a plan that will help you reach the optimum level of wellness and happiness.

### What my clients say.

“I first began my training with Mahsa in the Gym Group. I rapidly improved my strength, fitness and overall health. I had never used a personal trainer before, but shortly after training with Mahsa, I could feel fitter and healthier. I believe this is because Mahsa not only understands the science of personal training, she also understands the science of motivation. When you feel like you cannot keep going, she will get you there, no matter what your fitness goals are.”

To purchase personal training with me email [mahsa.fouladvand@citi.com](mailto:mahsa.fouladvand@citi.com)

**Miguel Sobral**  
Personal Trainer



### How can I help you improve your health?

From an early age, fitness and wellbeing have been heavily established in my life thus becoming an integral focus in my career aspirations, which led to the pursuit of a Bachelor's Degree in Sports & Exercise Science. Acquiring various experiences in multiple fitness areas, I specialize in the art of coaching. Whether you want to build muscle mass, burn stubborn fat, tone up, improve your overall fitness condition, recover from injuries, or even work on strength & conditioning for a sport, I will seek to transfer all my expertise and knowledge specifically to meet your needs.

### What my clients say.

“ I have struggled for many years to gain the confidence and dedication needed to make drastic changes in my life. Although sceptic of including an instructor in my fitness journey, Miguel created a very comforting and trusting environment that very quickly eased me into my new routine and lifestyle. He has transformed my outlook on fitness, and I now view it as an essential and rewarding part of my life. My family and friends have seen a great difference not solely in my physical health but also in my confidence. Miguel always uses his initiative to adapt each workout plan to create a fun atmosphere whilst incorporating numerous exercises, ensuring I reach my ultimate potential.”

To purchase personal training with me email [miguel1.sobral@citi.com](mailto:miguel1.sobral@citi.com)

## Sarah Wood

Personal Trainer



### How can I help you improve your health?

My philosophy is that exercise should support both your physical and mental well being. As a Personal Trainer and Yoga Teacher I can help you improve your flexibility, co-ordination and balance in a way that is sustainable and supportive. Whether you are working towards a specific training goal, or perhaps just want to feel fitter, it is important to me for you to find the right method to make a long-term change.

### What my clients say.

“Previously I couldn’t run for a bus. Now thanks to Sarah’s training programme I can get through a 5K. She knows when to push me and knows when I really can’t take any more.”

To purchase personal training with me email [sarah.wood@citi.com](mailto:sarah.wood@citi.com)

## Mark Davies

Personal Trainer



### How can I help you improve your health?

I have an intense passion for Sports and Fitness and enjoy motivating and guiding clients where I pride myself in producing the best results for each client to achieve their goals. I specialise in muscle building, toning, fat loss and the art of Boxing. I’m a believer that anyone can transform their bodies no matter what the situation is, it’s just a matter of smart working and the correct mind set. I see exercise as a powerful tool that helps improve general wellbeing both physically and mentally. A fully professional and first-rate service is what I can deliver from the start.

### What my clients say.

“I felt very comfortable and welcomed training with Mark, he is a strong character and good motivator. He enjoys communicating his knowledge about the body, sports and training in a very entertaining manner without being up tight or overly professional. From traditional fitness circuits to intense pad training or weight training there was always something new within the session and He had a good feel of how to handle me in all sorts of situations. I like to call him the friend that gives you the kick in the butt you have always wanted.”

To purchase personal training with me email [mark1.davies@citi.com](mailto:mark1.davies@citi.com)

## Charlie Myhill

Personal Trainer



### How can I help you improve your health?

Ranging from feeling more confident in everyday life, being able to take your kids to the park or to train for a specific sport or event. I believe in measuring success on how you feel and perceive yourself throughout your journey. I believe you should always start for yourself, you can always become a better you. The gym isn't just for "Tuesday Transformation" pictures, but also life transformations. Having played football at a high level, my peak being at Charlton Athletic and Kent County, I have built up my experience within the fitness and wellbeing world. I also love boxing and have also started my own journey with this. I love to keep challenging myself to learn new things and expand my knowledge and I hope to share this passion with you.

### What my clients say.

"I've been taking part in the classes with Charlie and she has helped me to train on the main gym floor, she has also shown me how to train effectively with the equipment and has helped my confidence. I can now train by myself, I was never able to do this before. I had zero knowledge in training and since starting Charlie has changed that. I now feel a lot fitter and happier in myself. It's all thanks to Charlie and her hard work."

To purchase personal training with me email [charlie.myhill@citi.com](mailto:charlie.myhill@citi.com)

## Mel Moyo

Personal Trainer



### How can I help you improve your health?

Whether it's Strength training, Olympic weight lifting, Boxing or Fat loss training, what I am most passionate about is sharing my knowledge and experiences to help people transform their lives. I look deeper than just exercise and nutrition plans. My coaching offers a thought provoking and inspired process that motivates you to maximise your potential to achieve the desired results.

Since obtaining my Sports Science degree, I've gained thousands of hours' experience in one-on-one and group training. I have spent the last 9 years honing my craft as Level 4 qualified Personal Trainer and Fitness manager, operating in different gyms in London and Dubai.

My background as a Behaviour Change & Motivational Coach has provided me with the skills to implement diverse coaching strategies as I realise that everyone has their own individual goals, fitness levels and degrees of personalised support required.

### What my clients say.

"Mel keeps the workouts interesting and challenging. He measures and tracks your progress so you can see improvement both in strength and endurance. Most importantly, Mel pushes you by being positive."

To purchase personal training with me email [mel.moyo@citi.com](mailto:mel.moyo@citi.com)

## Nile Kesler

Personal Trainer



### How can I help you improve your health?

Fitness can be a daunting prospect if it's something you have not delved into before. My aim is to remove this element and set you on a path where you're not only seeing great results through expert advice and guidance, but to make it fun and engaging so that it becomes a part of your lifestyle no matter how busy your lifestyle may be.

My aim is to help you discover the best version of yourself, so let's start your journey to becoming a better you.

### What my clients say.

"I have tried personal training quite a few times and I've never stuck with it. Since training with Nile I'm the fittest and strongest I've ever been and I actually enjoy working out. Nile is a great motivator and helps me towards my goals whilst understanding my busy lifestyle. I couldn't recommend him enough!"

To purchase personal training with me email [nile.kesler@citi.com](mailto:nile.kesler@citi.com)

## Leon Markham-Lee

Personal Trainer



### How can I help you improve your health?

With a background of 25 plus years of Martial arts and Muay Thai Boxing. I have been working in fitness for 5 years and as well as teaching a number of classes in and around London(Les Mills Body Pump, RPM and Body Balance)

Through my experience I have gained a broad knowledge of exercise that can support and develop your goal. Sessions neither have to be complicated nor punishing, simply centred around you. If you are looking for personalised sessions as well as caring for your all round wellbeing your time spent with me and Nuffield will be successful and enjoyable.

I believe in a team approach to Personal Training so we can achieve your goal together and most of all enjoy the journey!

### What my clients say.

Leon brings a great balance of being encouraging and making it enjoyable at the same time. He really brings out the best in me through our training"

To purchase personal training with me email [leon.markhamlee@citi.com](mailto:leon.markhamlee@citi.com)