



# Leon Markham-Lee

## Personal Trainer

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

I have a background of Martial arts training from 1993 – 2018, in that time achieved a Black Belt in Chinese style kickboxing. Later became a competitive Muay Thai boxer on the UK circuit as well as Muay Thai instructor.

After a career change, I have worked in fitness since 2016 and trained people from ages 6 upwards. I am also certified in 4 x Les Mills programmes.

I truly believe like everything if you take a simple and consistent approach to training you will get results. Through Personal Training I aim to teach my clients this approach to add longevity and value to their fitness and wellbeing lifestyle.

### 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)



# James Kelsey

## Fitness Manager & Personal Trainer

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

From playing football, to building muscle, through to my current passion for distance running (whether training for a faster 5km or a marathon!), I want to share my passion for sport and fitness and help support others on their fitness journeys.

Having recently completed an MSc in Psychology, I am interested in and believe strongly in the positive impact of exercise for mental health and wellbeing, and in promoting self-esteem and self-confidence.

Whether you are a complete beginner or training towards a specific goal/event, I will work with you to build healthy habits and an enjoyable training programme that, with some hard work and consistency, will help you in progressing towards your fitness goals!

### What my clients say:

James has an open and relaxed approach which put me at ease from the start. His communication is always clear and informative, and he was accommodating towards my likes and dislikes.

 To purchase personal training with me, email [james.kelsey@citi.com](mailto:james.kelsey@citi.com)



# Manny Mellet

## Personal Trainer

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

I have nearly 20 years of experience in training people and guiding them to achieve their health and fitness goals. I create uniquely tailored programs to maximise your potential. Every session you will gain new insights into your body and push past any obstacles on to achieving your health and fitness goals. I will also impart to you the knowledge and tools that will help you recover from injuries, build muscle, lose fat and add years to your life. Book a free consultation today to get started!

### What my clients say:

“I’ve trained with Manny for many years and always found him to be very encouraging, positive and enthusiastic trainer. He is very knowledgeable and takes the time to know about you and your body, to optimise your training plan to suit your individual needs.

“Manny has been my personal instructor for several years. Hopefully he will be for many to years to come. He teaches Tai chi with a focus inclusive of form and structure, which is essential to practice and yet very rare. He combines all the aspects of the art form, like philosophy, awareness and flow. His sessions are truly holistic and a treasure.”

 To purchase personal training with me, email [manuel.mellet@citi.com](mailto:manuel.mellet@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)



# Sami Sanalla

## Personal Trainer

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

Consistency. To have you make a significant body change, we have to keep you consistent. My approach is to have you training as hard as possible while keeping you injury free. My emphasis on mobility and correct technique will enable you to reach your goals in the fastest and safest manner possible. Consistency is king.

16 years in the fitness industry with majority of that time spent in corporate fitness, consequently I have an appreciation for a corporate clients working demands and the client specific approach which is often required.

### What my clients say:

“Worked with a few trainers in the past, feel very fortunate to now be working with Sami”

“Never really liked the gym, but now really look forward to it”

“Lost a lot of weight and find training with Sami really prevents me slipping back to my old ways”

 To purchase personal training with me, email [sami.sanalla@citi.com](mailto:sami.sanalla@citi.com)



# Paul Tappin

## Personal Trainer

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

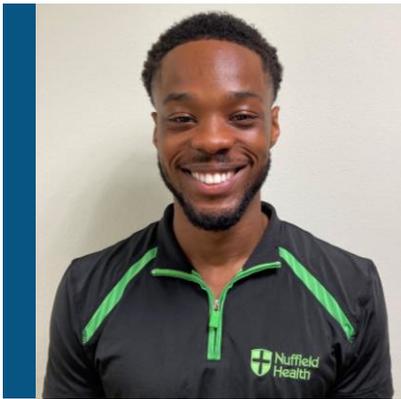
With 35+ years in the industry, I have a wide knowledge and experience. This ranges from being a British Olympic Committee Physiologist, to Royal society of Sports injury Therapists. So whether you are an elite or professional athlete, to preparing for child birth or just want to look and feel better, then I can help. I played rugby for Harlequins, Team karate national champion, have trained many individuals in the film and music business, professional football, rugby, dance, military and royal family. I believe thorough biomechanical screening highlights chronic conditions and allows clear goal setting. This allows you to optimise your results and achieve lasting changes.

### What my clients say:

Paul has taken me through two pregnancies and now I have just won the British club Tennis championships. His guidance over the last 10 years has been inspiring.

I have worked with Paul for 12 years and have broken the 2hr30min marathon barrier and won European Duathlon gold. His knowledge of injury prevention and advanced strength work has been invaluable.

 To purchase personal training with me, email [paul.tappin@citi.com](mailto:paul.tappin@citi.com)



# Tai Hibbert

## Personal Trainer

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

I can help you improve your health by being real with you from the start. I don't believe in quick fixes, I focus on building long term, sustainable lifestyle changes that last. Nutrition is at the heart of everything I coach, because I know it's the biggest driver of results, and I'll guide you to make it work for your life. Training with me means being challenged, pushed out of your comfort zone, and learning along the way, so you leave each session feeling empowered, more confident, and proud of what you've achieved. What makes me different as a coach is that I've had a full body transformation and completely changed my lifestyle. I know the struggles, the setbacks, and the mindset shift it takes, and I bring that real life experience into every session to help you do the same.

### What my clients say:

"He doesn't sugarcoat things but that's exactly what I needed. Tai keeps me accountable and pushes me further than I thought I could go"

"Training with Tai has changed the way I look at fitness. It's not just about the gym anymore, has helped me build habits I can stick to for life"

"He gets it. Having been through his own transformation, he really understands the struggles and shows me what's possible. That makes all the difference"

 To purchase personal training with me, email [tai.hibbert@citi.com](mailto:tai.hibbert@citi.com)



# Audra Morkunaite

## Personal Trainer

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

As a yoga instructor and personal trainer, I bring a deep commitment to mind and body balance because I have experienced its benefits firsthand. Through yoga, meditation, and fitness, I transformed my own lifestyle – finding more peace, strength, and resilience.

Whether you are looking to increase flexibility, build strength, or need an escape from the desk, I am here to guide, support and encourage you every step of the way.

Having over 7 years of experience working with corporate clients, I understand the challenges of a busy lifestyle and the need for realistic solutions that fit seamlessly into your schedule. And if you see me working out in the gym or doing yoga in the studio, feel free to come over and say hello – I am always happy to chat about goals, tips, or just connect!

### What my clients say:

"You were great taking onboard my needs in terms of posture and chest work and making sure you included the relevant exercises in the sessions.

After just three months I am more flexible, and my posture has improved. Also thank you so much for the flexibility in terms of session days/timings which is key for someone like me who will have unexpected meetings scheduled/changes.'

 To purchase personal training with me, email [audra.morkunaite@citi.com](mailto:audra.morkunaite@citi.com)



# Lukas Gondkovsky

## Personal Trainer

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

Over many years I've helped a number of clients reach their personal health and fitness goals. Through my own lifestyle changes, I have come to understand the importance of developing a routine when it comes to training and diet. I like to use functional movements and high intensity exercise tailored to my client's needs. I am also qualified in sports massage therapy, and this puts me in better position to help my clients with potential injuries and more focused recovery.

### What my clients say:

I have been training with Lukas for over 5 years and whether he's getting me fit for rugby, helping me lose weight for my wedding or just helping me maintain a general level of fitness, Lukas has always helped me reach my goals. Lukas is a real professional and fantastic to work with and the fact that so many people at Citi train with him is testament to the results he gets. For me Lukas is more than just my personal trainer, he's also now a great friend.

 To purchase personal training with me, email [lukas.gondkovsky@googlemail.com](mailto:lukas.gondkovsky@googlemail.com)



# Virginia Gakuya-Thornton

## Personal Trainer

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

I'm a Rehabilitation and Strength & Conditioning Coach with 15+ years of experience - helping everyone from time-poor professionals to elite athletes move with purpose.

My mission? To help you move better, feel stronger, and thrive at every stage of life. As a new mum at 45 who trained through pregnancy, I live what I teach: strength, resilience, and consistency. Age and injury are not limits - they're opportunities for smart training.

From Olympic lifting and kettlebells to calisthenics, sprint cycling, and Animal Flow, I bring a holistic, science-backed approach to every session.

Whether you're rehabbing an injury, rebuilding confidence, or chasing your next PB-I'll guide you there. Let's build strength for life-at any age, in any season. The Next Chapter Starts Here.

### What my clients say:

"Virginia has helped me enormously over many years. She works hard to continually extend her knowledge, and this is apparent in her ability to continually provide new and varied sessions. Whether it is training elite sports people, those in need of basic programs or people recovering from injury, Virginia is an excellent choice."

"I have trained with a number of very good personal trainers, but Virginia is unquestionably the one who I have gained most from."

 To purchase personal training with me, email [vgakuya@googlemail.com](mailto:vgakuya@googlemail.com)