



Cedric Manga

Fitness Manager & Personal Trainer

How can I help you improve your health?

I have always been passionate about sport & fitness and I believe that a long-term transformation will inevitably lead to a happier & healthier life. In order to do this, I want to increase awareness in people on how to keep up with their fitness journey & continue to work towards their goals independently.

I was driven to share my knowledge and workout programmes with others to ensure that, regardless of someone's abilities, my workouts could be used to support a healthy lifestyle.

I love to help others transform through fitness! I have worked with many clients just like you who have felt frustrated and overwhelmed. I love working with beginners and those who have failed in the past because I was once a beginner too!

What my clients say:

Cedric you are hard to label, because in every possible way you motivate, support, guide and inspire me day after day.

Loosing weight, gaining muscles, toning and firming, improving flexibility and balance, speed, stamina, endurance, developing strength ... It's about much more than that !!!

It means everything to have someone behind you that believes in you and recognizes and appreciates effort, heart, commitment and hard work.

Thank to you I push harder than I thought possible and guess what - "YES. I DID IT!" And I break into a big Smile - It's all worthwhile !!!

I am proud to be led by a Personal Trainer, Life Coach and Mentor like you.

To purchase personal training with me, email
aime.cedric.manga@citi.com



Mark Davies

Personal Trainer

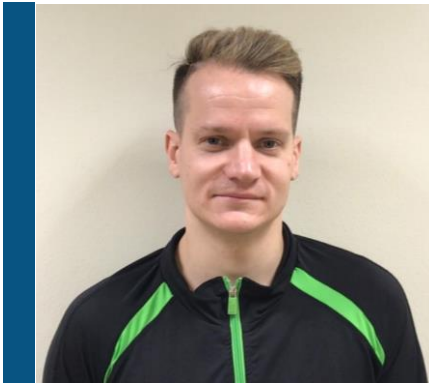
How can I help you improve your health?

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



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.

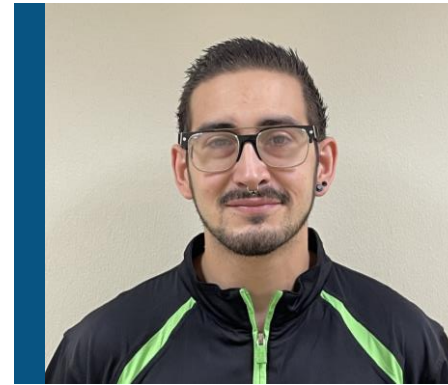
After a career change, I have worked in fitness since 2016 and trained people from ages 6 upwards. I am also certified in 4 x Les Mills programmes.

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



Marco Pittaccio

Personal Trainer

How can I help you improve your health?

I am a Body Transformation Expert, my passion is to help people change their lives in the simplest and most realistic way possible. Everyone deserves to be given the tools to achieve the best version of themselves, my goal is to help you during the journey to a new, better you.

With over 7 years experience I have helped many people achieve their personal transformation using training, nutrition and lifestyle change. It is not an easy task but it sure isn't an impossible one. With my methods I will make the process of transforming your body a fun and rewarding journey, you will have to put the work in but it will all be worth it in the end.

I believe you owe it to yourself to work towards a healthy and happy lifestyle, I am looking forward to being the coach to guide you through your new journey.

What my clients say:

Training with Marco has been a life changing experience for me. My goal was a complete body transformation – within weeks I lost a noticeable amount of weight and could feel I was getting stronger. Every session is tough, Marco is an amazing coach who really knows how to get results. He pushes, motivates and support me through every single session. I would not have been able to do this without him – definitely recommend!

 To purchase personal training with me, email marco.pittaccio@citi.com