

Home House



GYM MANAGER & PERSONAL TRAINER



MEET THE TEAM

DAWIT HAILE

ABOUT

Committed to motivating others to be the best they can be, Dawit's training provides effective and highly energised workouts that are personalised to your needs. With extensive experience in teaching classes such as Abs, HIIT and Tabata, Dawit is also a running coach with numerous half marathons under his belt and works as an Asics Trainer at their flagship London store.

QUALIFICATIONS

- YMCA Personal Trainer Level 3
- YMCA Gym Instructor Level 2
- YMCA pad boxing for fitness
- England athletics running coach

JOINED THE HOUSE

2007

£85 PER SESSION

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KIERAN HASSETT

ABOUT

With a wealth of experience, Kieran is able to offer a broad range of training options which are tailored to suit the requirements, preferences and objectives of his clients. "For me, the gym is about hard work and getting results. My aim is to make training effective and varied and most importantly for my clients to enjoy the process on the way to achieving their personal training goals."

QUALIFICATIONS

- YMCA Personal Trainer Diploma
- YMCA Supple Strength & Conditioning
- YMCA Circuit Training
- YMCA Kieser Cycle

JOINED THE HOUSE

2006

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LUIGI CORCIONE

ABOUT

Formerly a fashion model in Milan, Luigi moved to London where he was trained for over two years by James D'Silva in Pilates and the Garuda apparatus & repertoire. He is now a fully-qualified Garuda teacher, Personal Trainer and also a member of the Register of Exercise Professionals; he has clients of all ages & fitness levels, his training has in fact enabled him to fully challenge every physique, always respecting body integrity and movement precision.

QUALIFICATIONS

- Garuda Pilates & Reformer expert
- YMCA Personal Trainer Diploma
- Buff Bones instructor

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KAMIL RIHA

ABOUT

An ex-professional basketball player, Kamil represented his home country Czech Republic in the European championships under 20's winning the bronze medal in the process. Now a level 3 qualified Personal Trainer, Kamil is passionate about helping people achieve their health and fitness goals.

QUALIFICATIONS

- Level 3 Personal Trainer
- Level 2 Fitness Instructor
- Performance Enhancement Specialist
- Core Strength & Stability
- Weight Loss Specialist

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2017

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