

MOVE | COACHES



STEVE PERE FRENCH

Having played international level rugby and coached sport throughout his career, Steve uses this experience to create programs that look beyond the short term. Functional and S&C training methods are integrated in every session.

\ BA Sport & Physical Education
\ Active IQ L3 Personal Training Certified

French, English, Arabic

“Fitness is about so much more than exercise, it is the positive changes and effects leading to a better lifestyle.”



CHRYSTALLA SAVVIDE BRITISH-CYPRriot

As a national level athlete for 10 years, Chrystalla has a keen eye for sport specific training plans. Taking every detail into consideration, Chrystalla can also assist with advanced training programs for muscle development and weightlifting.

\ MSc Musculoskeletal Sport Science and Health - 1st Class Honours
\ BSc Sport and Exercise Science - 1st Class Honours
\ Level 3 Personal Trainer
\ Group Cycle Certification & Hatton Fundamental & Advanced Boxing Coach

English, Greek

“Health is not just the absence of disease, health is being and feeling well physically, emotionally and mentally.”



OMAR MOENES EGYPTIAN

A specialist in martial arts with a great experience of fighting professionally, Omar uses his experience in martial arts and Strength & Conditioning programs to help people find their true strength and power, mentally and physically.

\ Martial arts coach
\ Personal Trainer level 3 | NASM
\ Strength & Conditioning Coach | NASM

Arabic, English

“There is nothing outside of yourself that can ever enable you to get better, stronger or fitter. Everything is within. Everything exists. Seek nothing outside of yourself”

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GUZAILIAYI ABULIZI CHINESE

Guzal has been traveling and teaching yoga in various countries, combining eastern ancient modalities with western research based therapies. Her holistic approach brings balance between work and life. Her classes are wholesome experience of bridging the gaps among mind, body and soul.

\ Yoga Alliance RYT-550 hrs Teacher

English, Mandarin, Uzbek, Uyghur and Turkish

“Your body is the ultimate temple where we live for the rest of our life”



CHARBEL SARKIS LEBANESE

Charbel bases his coaching methods on holistic programming. Breathwork, functional movement and attention to the body and mind as a whole, are key aspects of Charbel’s approach to wellness.

\ BA Sport & Physical Education

\ Active IQ L3 Personal Training Certified

\ Functional Movement Screen - Level 2

Arabic, English, French

“When the fear of staying the same outgrows the fear of change, then you will change.”



JULIANA MONTEIRO BRAZILIAN

Juliana is a specialist in cardiorespiratory, functional strength and core training with extensive experience in group training. She utilises this knowledge with all members with a special focus on beginners, women and teenagers.

BA Physical Education & Sports

UFRJ - Strength Training Post Graduate

Body Tech Group Cycle & Running Performance

Hatton - Boxing certification

English, Portuguese

“Health is a state of the body, wellness is a state of being”

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ROBBY NATADA FILIPINO

Robby is a multi-sport athlete that participated in different national level competitions, including basketball, volleyball, and badminton. As an athlete he lives by the words "process" and "progress", that enables him in helping others reaching their goal in body composition transformation and in health and wellness.

- \ National Level Athlete
- \ NASM L3 Certified PT
- \ Hatton Boxing Coach
- \ Physique Transformation Specialist

English, Tagalog

"Winners are not the ones who never fail, but the ones who never quit."



ZIKHONA NGQOYIYANA SOUTH AFRICAN

Zikhona brings expertise in netball and athletics to help clients achieve their fitness goals and body recomposition through resistance training. Her focus is on creating realistic programs tailored to each client's needs. With a keen eye for detail and a commitment to excellence, she aims to help clients transform their fitness, bodies and lifestyle.

- \ MEFITPRO - L3 Certified PT
- \ FITPRO - Bootcamp certified
- \ Walter Sisulu University - Sport Management Diploma
- \ SpinU EMEA - Spinning L1 certified

English, Khosa

"Nothing is impossible, the word itself says I'm possible"



AYMANE IDRISSE MOROCCAN

As a former national team football player who turned fitness expert, he uses his expertise by creating programs that help them reach their fitness goals

Guiding, Empowering & Motivating are the key to his coaching style that help people improve their confidence and achieve their goals.

- \ National Level Athlete
- \ WABBA Personal trainer level 3

Arabic, French, English

"You have power over your mind, not outside events, realize this and you will find strength"

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ELLA OLIVEROS FILIPINA

Ella uses her experience and education aiming to Develop Physical Activity and Weight-loss Management Strategies for Obese Clients. Her passion in fitness lead people to improve their fitness goals for a happier and healthier life.

- \ REPS UAE LICENSED 11546
- \ Level 1 CERTIFIED BOXING INSTRUCTOR + CERTIFIED LIFT INSTRUCTOR
- \ Level 3 PERSONAL TRAINER
- \ Level 4 OBESITY SPECIALIST
- \ LM CERTIFIED GROUP CLASS INSTRUCTOR

English, Tagalog

“Exercise is the key not only to physical health but to peace of mind”



TRISTAN MCRAE SOUTH AFRICAN

Through his years of experience, Tristan uses functional training as a fundamental component of his training programs. With a foundation in injury prevention and bodybuilding, he tailors his programs to the needs of each individual client.

- \ HFPA International Personal Trainer (CASTHSSETA Certified)
- \ Sports Nutrition

English

“Growth is the result of failure.”



RAQUEL CONTRERAS FILIPINA

Raquel uses her experience as an international bikini athlete and education to provide bodybuilding and body recomposition programs that go beyond just training. Her main goal lays on offering members a value from her perspective of health and movement through strength and conditioning especially to fix and push their body beyond the mind limits.

- \ Active IQ 3 Personal Training Certified

English, Tagalog

“At the end of the day, you are your longest commitment. Every pain, sweat and all the hard-work you do, embrace it”

CONTACT DETAILS

KINDLY CALL US @ 02 616 4555 TO SET YOU UP WITH OUR QUALIFIED COACH.

OR YOU CAN SEND US A MESSAGE BY [WHATSAPP](#)

