



MEET THE TEAM

NICK DUNCAN

EXPERTISE

- Corrective Training
- Injury Prevention
- Olympic Lifting
- Strength Training

QUALIFICATIONS

- Sport & Exercise Science BSc
- Corrective Exercise Specialist (CES)
- UK Strength & Conditioning Association
- Level 3 REPs Training

BIO

Having played tennis for Great Britain as a junior, Nick has an extensive amount of experience working within elite sport. He sees himself as more of a sport performance coach than a personal trainer.

£100 SINGLE SESSION | PACKAGES AVAILABLE
TO BOOK PLEASE EMAIL NICK.BATES@THENED.COM

Please note that all personal training sessions are subject to a 24-hour cancellation period.



MEET THE TEAM

SILVIO PEDRALI

EXPERTISE

- Strength Training
- Weight Loss & Body Transformation
- Pre/Post-natal Exercise
- Sports Massage

QUALIFICATIONS

- Suspension Training
- Elite Movement Specialist
- Pre / Post-natal
- Kettlebell Training

BIO

Silvio will help to increase your strength, lose weight, tone, speed up recovery from an injury and work on imbalances and postural issues. Expect intense, knowledge-based sessions that will deliver results.

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MEET THE TEAM

SIMONE GUBERNATI

EXPERTISE

- Muscle Gain
- Nutrition
- Weight Loss
- Body Transformation

QUALIFICATIONS

- Level 4 Personal Training
- GP Referral
- Powerlifting & Bodybuilding Coach
- Myofascial Releaser

BIO

Simone has worked and studied with some of the most well-respected doctors in America, specialising in building muscle and implementing diets that are as sustainable as possible. He has extensive nutritional knowledge, which he uses to help clients hit their target weight by partnering diet with exercise.

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MEET THE TEAM

RAVINE

EXPERTISE

- Strength training
- Olympic lifting
- Weight loss and movement specialist
- Calisthenics for beginners

QUALIFICATIONS

- 200 hour YTT in Ashtanga, Vinyasa Yoga
- Movement specialist
- Kettlebell and suspension (TRX) training
- Powerlifting and nutrition coach

BIO

Ravine will help you increase your strength, by clear programming in functional training, gain confidence in the gym, lose weight, understand, and correct any imbalances in the body. She specialises in a varied approach to the workouts, that are fun, challenging and deliver results.

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