



# MOVE | COACHES



## CHRYSTALLA SAVVIDE BRITISH-CYPRIOT

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.”*



## 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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**AYMANE IDRISSEI 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
- \ Active IQ Personal Trainer level 3

Arabic, French, English

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



**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”***



**MARYNA PALIY BELARUSIAN**

Maryna’s immersion in diverse education and experiences has cultivated a profound ability to empathize with individuals at every juncture of their journeys. Whether they just started or well trained, her commitment is to results is unwavering. If you're looking to embark on a transformative journey from the inside out, Maryna will lead and support along the way.

- \ Certified Pilates instructor
- \ Certified Group Class Instructor
- \ Certified Les Mills - BodyPump
- \ Pilates Reformer Balanced Body - Level 1

English, Russian

***“Fitness is not about being better than someone else. It’s about being better than you used to be.”***



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**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.”***



**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”***





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## 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”*



## MELANIE LEEGSTRA ARGENTINIAN

Melanie as a former hockey player, a conditioning coach, can design training programs based on movement patterns for those people who want to have a fitness life over time, combining disciplines as Crossfit to improve flexibility, endurance and body strength. Experienced coach for people of determination.

- \ Crossfit Level 2
- \ Personal Trainer Level 3
- \ Functional Movement Coach
- \ Pilates Reformer Balanced Body - Level 1

English, Spanish

*“Look for the motivation to turn it into discipline”*



## ADAM STANDER SOUTH AFRICAN

As a fitness competitor and personal trainer with over 3 years of experience in muscle building, strength training, and weight loss, Adam Stander leverages his extensive background to craft highly advanced approaches aimed at empowering clients to achieve their fitness aspirations. Specializing in personalized fitness programs, Adam is dedicated to delivering tailored strategies that maximize results and foster sustainable health.

- \ NFQ 5 International Personal Training Certificate
- \ Sports Nutrition
- \ EMS Coaching Certificate

English, Afrikaans

*“Strive for progress, not perfection”*



# MOVE | YOGA



## LINA COURTAT FRENCH

As a yoga teacher trained in Bali, Lina has taught yoga in France and around the world. Her classes are combining the transformative power of asanas, breath-work and meditation. With this ancient practice she will not only calm the mind but also will play a crucial role in regulating the nervous system. By focusing on the breath, Lina can alleviate stress, enhance mental clarity, and foster a profound sense of inner balance and well-being. Lina has the ability to harmonize the body and soul through the mindful connection with our breath, ultimately achieving deeper states of relaxation and vitality.

\ Yoga Alliance 300hrs teacher

French, English

***“Discipline is the bridge between goals and accomplishments”***