

Virtual Personal Training Trainers



Zuzana Zigalova

zuzana.zigalova@roehamptonclub.co.uk

Specialities and experience

Exercise referral
General strength and weight training
Functional movement/fitness
Hypertrophy training
Balance and co-ordination
Core stability



Roy Ritson

roy.ritson@roehamptonclub.co.uk

Specialities and experience

Over five years' experience in the health industry
Flexibility and mobility
Core and leg work
Assisted stretching
Circuits, HIIT and Aqua instructor



Donovan Augustus

donovan.augustus@roehamptonclub.co.uk

Specialities and experience

Over 30 years' experience as a personal trainer
Back and core specialist
Active Rehabilitation
Postural and Gait Analysis
Pre and Post Natal
Bosu Ball Master Trainer
Sport and body massage therapist



One to One Pilates

Our qualified Pilates Instructor, Susanne Iseli, will conduct a full assessment of your current physical abilities and tailor exercises to specifically meet your body's needs.

1 session – £50 | 12 sessions – £550

To book or for further information please send an email to Susanne at sueiseli@yahoo.com



My name is Susanne Iseli and I am your in-house Pilates instructor. I have been teaching fitness for over 15 years and find it extremely rewarding. I enjoy embarking on your individual journey to help improve your physical ability and reach your fitness goals. Pilates in particular gives you huge benefits such as improve posture, muscle tone, balance and joint mobility, as well as relieve stress and tension. It is not only suitable for the very fit and toned but also suits individuals that are new to exercise and people with weaknesses such as joint problems like arthritis or osteoporosis to name only a couple.