**Name: Vitali Brescanu**

Position: Gym class instructor

Qualification:

National Certificate in Gym Instruction (NSC)  
Certificate in Fitness Instruction – Gym Based Exercise (VTCT)

Experience:

5years of experience

Latest review:” Vitali is excellent class instructor. Motivation is a key and he keeps the group motivated”

**Name: Florin Andreas**

Position: Gym personal trainer

Qualification:

Certificate in Fitness Instruction – Gym Based Exercise (VTCT)

Experience:

10 years of experience

Latest review: “I recommend training sessions with Florin. I achieved results quicker than ever before. ”

**Name: Milena Sahni**

Position: Nutritionist, Yoga and Pilates Instructor

Qualification: [Award in Nutrition for Physical Activity ITEC RQF Level 3 (EQF Level 4)](https://www.nightcourses.com/course/itec-rqf-level-3-eqf-level-4-award-in-nutrition-for-physical-activity/" \o "Award in Nutrition for Physical Activity ITEC RQF Level 3 (EQF Level 4))

[National Certificate in Gym Instruction (NSC)](https://www.nightcourses.com/course/itec-rqf-level-3-eqf-level-4-award-in-nutrition-for-physical-activity/" \o "Award in Nutrition for Physical Activity ITEC RQF Level 3 (EQF Level 4))

Experience:

2 years of experience

Latest review: “I exercised daily with no accurate result. Milena helped me to understand it was due to poor nutrition habits. Everyone who attends the gym should get a session.”