



Helen Kamya

Fitness Professional

Helen is a friendly, fun, and approachable fitness mentor, and she has gained extensive experience in fitness since starting in the club shop in 2005.

A dedicated passion for fitness led to studying for her level 2 instructor qualification, and she then moved back to the sports department working in a customer service role while she qualified as a personal trainer. She then hit the gym floor running to get members feeling their best from the inside out.

Her goal is to ensure the gym is maintained to the highest standards, from its presentation to the fitness advice she gives to club members. She views each member as an individual, and she goes the extra mile to make sure she tailors' workouts to their specific needs.

Helen offers training to run 5k, 10k or full marathon, boxing, HITT, weightlifting, general fitness, and health-driven weight loss. She has also run six half-marathons and two full marathons, so she is very familiar with the effort that goes into improving your fitness levels.

And with a supportive personal approach to your overall wellbeing, she ensures that both your unique physical and mental health needs are taken care of.

Outside of the club, Helen loves cold water swimming and adrenaline-packed activities that get her heart pumping, such as ziplining, parasailing, fly fishing, and paragliding. You can also find her in a good independent coffee shop enjoying a good cup of java, and the London atmosphere. Helen caters to all ability levels, and she makes your fitness and wellbeing journey effortlessly exciting and enjoyable!