

Lucy Dubrovsky

Certified Personal Trainer, Advanced Personal Trainer



Education

- Amateur Swimming Association UK – Level 2 Swimming Instructor 2001
- Premier Training International UK – Diploma in Personal Training 2003
- National Academy Sports Medicine UK – Certified Personal Trainer 2004/6
- CanFitPro- Advanced Personal Trainer 2010
- Premier Training International UK – Circuit Training Instructor 2003
- Keiser UK- Advanced Spinning Instructor 2006
- Pole People International UK – Pole Fitness Instructor 2008

Philosophy

Lucy realized at an early age that school sports and competitive team games were simply not her thing. Fortunately she fell in love with swimming instead and developed into a strong swimmer which ultimately led to her interest in fitness training.

Having qualified as a personal trainer in 2003 Lucy has worked across the UK and Bermuda, both privately and in gyms, training clients ranging in age from 10 to 70, all abilities from beginners to athletes with a wide range of fitness goals. Lucy is constantly looking for courses to expand her knowledge to ensure she can offer the safest and most effective training techniques to her clients. Her knowledge, positive attitude, patience and empathy encourage her clients to enjoy exercising whilst working progressively towards their goals. Her own exercise experience has taught her that every client is an individual and every session should reflect this.