

David Lloyd Clubs is the UK's leading health and fitness group. With a wide range of premium health, fitness, racquets and spa facilities, we also have a number of experts who work within our clubs.



MICHELLE DAND,
HEAD OF FITNESS PRODUCT
AND PROGRAMMING

Michelle keeps on top of trends and fitness innovations to ensure David Lloyd Clubs members get the most engaging and cutting edge experiences when they visit their local club.

With over 26 years experience of working in fitness, Michelle has held both management and personal training roles.

Michelle is also a triathlete and a cycle coach and she loves to take on a challenge, regularly competing in Spartan races and amateur cycle races.

Can comment on:

General health trends, consumer experiences in gyms, triathlons, general training



SUSIE MALCOLM,
GROUP FAMILY MANAGER

Susie is a Sports Science graduate and has been working with David Lloyd Clubs for over 18 years. She manages David Lloyd Clubs' family offering, from group family exercise to holiday clubs for kids.

Susie has two children of her own and is a self-confessed adrenaline junkie, who loves taking part in fitness challenges.

Susie knows all there is to know about family fitness, from trends to our exciting family offering PRAMA, the interactive workout that encourages kids and adults to exercise together.

Can comment on:

Trends in family fitness, training as a family, PRAMA



LEO MEDLEY,
PRODUCT INTEGRATION
MANAGER

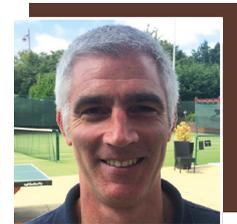
Leo is a qualified Personal Trainer and he is also the David Lloyd Master Trainer for stages cycling. Leo loves nothing more than jumping on the bike, whether stationary or on the road. Leo also holds a degree in Exercise Science.

He loves mountaineering and one of his personal life goals is to climb the summit of Mount Everest.

He has worked with David Lloyd Clubs for eight years and when he's training others, he advises people to set goals, make plans and hold yourself accountable!

Can comment on:

Cycling, general training, mountaineering



MARTIN FULLER,
GROUP RACQUETS SUPPORT
MANAGER

Martin certainly knows his forehand from his backhand; he's been coaching tennis since 1990.

With over 30 years of experience and a Lawn Tennis Association Level Five Coach, when Martin isn't teaching tennis, he's talking about it.

Can comment on:

Tennis participation, coaching, tennis and coaching events, coach education



**NUALA MUIR-COCHRANE,
SWIMMING PARTICIPATION
MANAGER**

Nuala is no stranger to swimming, in fact she first dipped her toe in the industry some 35 years ago. From back stroke to butterfly, she can talk about how to improve your swim technique, how to conquer a fear of diving in, and even how to prepare yourself to swim competitively.

Nuala not only works in swimming but also participates in events worldwide, so can speak about her own experience in the pool too.



**ALASTAIR CREW,
MASTER TRAINER**

Alastair has over 18 years of experience in health and fitness. Currently the Master Trainer at David Lloyd Clubs, he is passionate about people enjoying fitness and having fun whilst training and keen to spread the message that exercise and fitness should be seen as a fun part of everyone's lifestyle.

Alastair is also an outdoor fitness enthusiast and an ambassador for the positive effect training outdoors can have on mood and mental health.



**CHARLOTTE SAUNDERS,
SPORTS MANAGER**

Charlotte has worked with David Lloyd Clubs for 15 years and was a practicing Personal Trainer before she became Sports Manager.

Charlotte has been competing in triathlons for over 20 years and does so across Europe.

Charlotte also has a BSc in Nutrition, so when it comes to food she knows what's what.



**MARIE GRAHAM,
GROUP EXERCISE PRODUCT
DEVELOPMENT MANAGER**

Marie has worked in the fitness industry for over 25 years, working as a trainer and master trainer before specialising in Group Exercise.

At David Lloyd Clubs, she is in charge of Group Product Development, meaning she stays on top of group exercise trends and helps to decide which group classes to bring to David Lloyd Clubs, whether that's Boxercise™ or barre classes.

Her favourite exercise class is David Lloyd Clubs' very own Blaze classes that combine combat, weight training and cardio, along with heart rate monitoring.

Can comment on:

Swimming, outdoor swimming, swim techniques

Can comment on:

Making fitness fun, outdoor fitness, time savvy fitness

Can comment on:

Triathlon training, cycling, running and swimming, nutrition

Can comment on:

Group exercise, group training, emerging trends in group exercise



So, if you need comment or advice for an article or feature, please get in touch with the David Lloyd Clubs team at davidlloyd@cowpr.com or call 0207 234 9150 and chat to us.