



George has been an inspiration to the PT product here at Friern Barnet. Having worked closely to the fitness product in Virgin for 5 years, and being heavily invested in training myself as I take part in a number of competitive sports, George has amazed me at his knowledge and manner. The level of detail his plan consists of for his clients is second to none. His planning and drive to always find new innovations is superb. George's quality of sessions, demands recognition, and him being able to act as a master PT is only fair I believe.



DW. - General Manager Virgin Active Health Club

Having worked at three different Virgin Active clubs and been a personal trainer myself, George Dragomir has seriously impressed me, with his skill and level of detail that he goes into with his clients. He has a clear and transparent training methodology, and empowers his clients whilst helping them achieve their goals. He consistently holds assessments for his clients to clearly show the direction they are headed. He gives his 100% in each and every session and doesn't let anything get in the way of member experience. The amount of time he spends in planning his sessions and keeping track of his clients' progress is phenomenal. His progression to a master trainer, in my opinion, is a no-brainer.



GY. - Fitness and Personal Training Manager VA



George is head and shoulders above the other personal trainers I have had. He is to be recommended for his complete professionalism (just a hard work-out, no chat), the degree of planning for each session (each exercise grouped and listed and the results noted), his creativity (no two sessions are the same), his level of concern about my overall health (better than my GP - regular assessments of all parameters especially BP) and his infectious drive and motivation to help me become a healthier and fitter person – which is the main reason for doing PT in the first place!. If George is not a Master Personal Trainer, then no one should be.



CE. – client

I have trained with Gyorgy (George) since April 2013 and I can say he is the best personal trainer I have experienced. I joined the gym six years ago and have signed up to programmes with three other trainer in the past. I can honestly say I feel the fittest I have for years which is down to George's planning, commitment and encouragement. Every session is new with different exercises each time. George explains the value of each exercise including the physiological benefits. I am doing more and being encouraged to do things no other trainer has even suggested. He is challenging and encouraging. I am a woman in her later 40s who until six years ago did no regular exercise. I now achieve more each week that I have ever done. This is all within my limitations. Although very difficult, I do not feel I am being asked the impossible. George is meticulous in his planning for sessions – he always plans and records all the exercises in detail in advance (which is over and above any other personal trainer in my experience). His energy and attention goes in to the pre planning and throughout the session. Most importantly he shows that I can make progress each session. Every week the session gets harder and a little more testing. I feel I am getting value for money with sessions most importantly based around my needs



AB. - client



George has been a great Personal Trainer from the get go. His working methodology is unique and I like his scientific approach to structuring the training program. He always ensures there is variety in the sessions which is great as it keeps the sessions interesting and creates motivation to work harder. He has a good ability to explain the reasons for the various exercises and is always-assuring and a great confidence builder. He conducts himself in a professional manner and is very well organized. He is very committed and determined to make improvements, he has a good system to show your progress. All in all his approach & methodology has been refreshing and I have seen results from my PT sessions with George. He is terrific!



PS. – client

"George is an excellent trainer who drives to results. He has deep technical knowledge which he leverages to help me achieve my target. George is an engaging, dynamic, and motivating trainer."



KN. - client