



David Lloyd Clubs' Media Experts

David Lloyd Clubs helps members to live life better with a focus on physical and mental well-being and a sense of belonging. We are Europe's leading premium health wellness and lifestyle group with over 130 clubs in the UK and across mainland Europe. We have a wide range of health, fitness and wellness experts who can comment on a range of topics for the media.

If you need a comment or advice for an article or feature, please get in touch with the David Lloyd Clubs team at press@davidlloyd.co.uk

David Lloyd
— CLUBS —



Head of Spa
Steph Holland

With a career spanning 20 years in the Health, Beauty and Wellness industry throughout the US, UK and Europe Steph's current role as Creative Director works closely developing David Lloyd Clubs' spa concept and the overall club premiumisation throughout UK & Europe.



Group Exercise
Michelle Dand

Michelle keeps on top of trends and fitness innovations to ensure David Lloyd Club members get the most engaging and cutting-edge experiences when they visit their local club. With over 30 years experience of working in the health and fitness sector, Michelle has held both management and personal training roles. Michelle is also a triathlete and a cycle coach and she loves to take on regular fitness challenges.



Head of Gym
Lucy Day

Lucy has 20 years of experience in the health and fitness industry, with qualifications including Sports Science, Personal training & assessment alongside extensive experience working with both health club operators and suppliers. She is currently Head of Gyms and Sports at David Lloyd Clubs. Lucy's expertise lies in Gym equipment and design, fitness products as well as having experience in sales and club general management. In her spare time, she is a keen runner and enjoys horse riding, cycling, snowboarding and skiing.



Racquets
Simon Pearson

Simon is the Head of Racquets and has been at David Lloyd Clubs for over 13 years. He has worked in the industry for around 20 years and holds qualifications in Fitness Training, Tennis Coaching and Tennis strength and conditioning. Product development and engaging new people to play tennis are some of Simon's expertise. This extends to all racket sports and innovative new ways to play the game.



PT
Jack Claxton

Jack has been a personal trainer for nine years and is fully immersed in the world of fitness with his commitment to training people from a wide range of age ranges and ability levels. Jack has expertise in tailoring fitness programs that are specific to the goals and levels of his clients.



Mindfulness and Meditation
Tina

Tina's fitness journey began during her professional musical theatre and dance training where health and wellness played a huge part of day to day life for her. She has worked for David Lloyd Clubs since 2014 where her roles have included Studio Supervisor, Regional Group Exercise Manager and Master Trainer delivering training and support to fitness instructors. Tina is now the Product Head for SPIRIT, a fitness Yoga and Pilates fusion, building inner strength, alignment, mobility and flexibility. She has created the content and choreography which is rolled out to over 100 clubs across the UK and Europe for more than 400 instructors.



Family/Kids
Kelly Cooper

Kelly keeps on top of trends and innovation to ensure families and our junior members get the most engaging and exciting experiences in our clubs. Kelly has worked in the leisure industry and product development for over 25 years and feels very passionate about offering children the opportunity to experience a wide range of activities that will shape their future and encourage them to choose an active lifestyle.



Swim
Nuala Muir-Cochrane

Nuala is no stranger to swimming, in fact, she first dipped her toe in the industry 35 years ago. From backstroke to butterfly, she can talk about how to improve your swim technique, how to conquer a fear of diving, 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.