

# MEET OUR PILATES INSTRUCTORS



## ANNIE AGONCILLO

Annie is our senior Pilates trainer, fully certified STOTT Pilates instructor and certified integrated functional fitness trainer for general fitness to rehab. She has been teaching Pilates since 2004, a certified yoga teacher and also a Les Mills trained instructor. Annie is also

certified in nuerokinetic therapy level 1, anatomy trains and jungle sports.



## FELICIA CHER

A former dance instructor, Felicia decided to take a leap of faith and dive into Pilates instructor training without any expectations and fell in love with it. Felicia is certified with STOTT Pilates mat & reformer, functional anatomy. Today, she has carved a career in Pilates where she helped many clients

recover from their injuries and achieve their fitness goals. Felicia's areas of expertise are group reformer, Pilates for fitness and Pilates for women.



## MELISSA PASCUAL

Melissa studied Pilates under Pilates Academy International (PIA) which includes mat, reformer, cadillac, chair, and barrels. She attained her full certification for level year one on 2016 and level two in mat on 2017. She helps clients with their injuries and has also furthers her knowledge by

taking courses including myofascial release, pre/post-rehabilitation, pre/post-natal Pilates and Pilates for seniors.



## ALVAN CHAN

Alvan is a qualified Ron Fletcher Pilates instructor, certified personal trainer and sports massage therapist with more than 10 years' experience. He is passionate about imparting Pilates techniques to improve his students' posture, muscle tone and provide rehabilitation for injury. He always encourages his students to incorporate

physical activities into their lifestyle.



## ERIC MENDOZA

Eric is a certified STOTT Pilates instructor, and an integrated functional fitness trainer for general fitness to rehab and for athletes. He is also a certified personal trainer and suspend workout trainer.



## KATHERIN SAOUD

Katherin enrolled in Pilates & Studio Fit in Sao Paulo, Brazil after practicing Pilates for four years. She trained at STOTT Pilates in Sao Paulo in 2010 and Pilates Academy International by Option Studio Singapore in 2013. She obtained her certification in all population mat and in anatomy,

biomechanics & posture review in June 2014.



## LISA DAVERN

After moving from Australia in 2013, Lisa received her certification through the PAI method of Pilates in Singapore, while currently training back home in Australia to expand her knowledge and build complementary certifications alongside the PAI modules (anatomy & biomechanics,

mat, reformer, chair, cadillac and barrel). Lisa's other credentials include studio Pilates international – Australia, prenatal and postnatal as well as jungle sports physio educative one instructor.



## KIMBERLEY LIM

Kimberly studied Pilates under Pilates International Academy (PIA) and is now a fully certified teacher. With a background in personal training and teaching in groups, Kimberly helps not only athletes but those who are interested in Pilates. Her specialty

includes pre/post-rehabilitation, pre/post-natal Pilates, TRX group suspension and sports massage Australia.



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