



# HATHA YOGA

## **ABOUT**

KK is an energetic and fun-loving group fitness instructor. He began his fitness journey as an amateur dancer and was introduced to group fitness classes when he joined a gym in 2008. After a minor back injury, he began to explore yoga to improve muscles strength and flexibility. A believer in healthy and balanced lifestyle, KK's passion for mind and body wellness is reflected in his classes where he encourages and motivates others to have fun while working out.

*Levels: Multi-level*

*Pre-requisite: No*

Group Class Instructor

**KK**

## **FITNESS BACKGROUND:**

A passionate yoga practitioner and certified instructor with extensive experience in yoga therapy.

## **CERTIFICATION:**

- BSc Sport and Exercise Science
- Advanced Certification in Technical Education Pedagogy (ACTEP)
- Zumba Fitness (B1, B2, Gold, Stong Nation)
- Yoga Teacher Training (200hr)
- #32 Dance Fitness
- Lesmills Shabam
- FightDo
- Salsation



# ZUMBA FITNESS

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For more information or to book a session, please call the Gym at 6622 0575