



Sherlyn Chong

- **Senior Certified Pilates Practitioner**
- **Polestar Pilates Senior Mentor**
- **Polestar Pilates, USA certified**
 - **Comprehensive Studio/Rehabilitation**
- **Comprehensive Pilates, Pilates International Australia**
- **The Center For Women's Fitness, USA certified**
 - **Pre and Post Natal Pilates Specialist**
- **Core Align level 1 & 2 trained, Balance Body USA**
- **Oov Level 1 trained, Oov Education**

Chanced upon Pilates while doing a Performing Arts Course (dance) in Australia in 2001. The method not only helped to improve her balance and posture in dancing, it also helped her with her scoliosis. Since then, she decided to become a Pilates Instructor in the hope of touching others' lives through the movement.

She is also testimony to how Pilates helped her avoid back pains common in pregnancy and how the method helped her regain her pre-pregnancy weight quickly. She is a strong believer in the huge potential and great benefits this method could have for fitness enthusiasts, pre/post-natal women, elite athletes and people undergoing rehabilitation. She takes pride in creating tailor-made programs to develop each client's core strength and correct muscular imbalances and helping them towards improving their body awareness and alignment.

Sherlyn is fully certified with Pilates International (Australia), The Centre of Women's (USA) Fitness and Polestar Pilates (USA). She's also a Polestar Studio Mentor, helping to train aspiring instructors in their certification process and also providing continuous guidance to graduates in their Pilates training journey.