

# About the Instructors

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**Iris Lee** is a fitness enthusiast and enjoys a wide variety of group exercises ranging from aerobic Hi-Lo, Cardio Latino dance, Zumba, Bellyblitz, Body Combat, Body Pump, Yoga and more. She is a certified fitness instructor specialising mainly in Zumba Fitness and Zumba Kids. Her experience in the corporate world and bubbly personality allows her to engage with adults of varying age groups and gender successfully.

**Marcus Tam** is a certified yoga teacher since 2007. He has completed advanced yoga courses by Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), a yoga university specialising in yoga research and therapy.

**Melody Tan** was trained at the 200-hour Yoga Seeds Teacher Training Course. Her style of Yoga includes Hatha and Vinyasa, which brings a connection of breathing to the focus on practice and getting closer to experiencing inner self.

**Rozanne Yap** has been teaching Les Mills fitness programs for almost 9 years and has various certifications in TRX suspension group exercise, Pilates Matwork, Yoga and Zumba Fitness. Currently, she is teaching in major fitness clubs, People's Association and Starhub. Her passion to help others achieve their personal goals is what keeps her motivated in her work and lifestyle.

**Wendy Chan** is the founder and director of Yoga Seeds, a yoga studio. She hosts yoga retreats, trainings and workshops in Singapore and across Asia, and is the lead trainer and program director for Yoga Seeds 200-hour Teaching Training Course. As an ambassador for Yoga Gives Back, she organises regular fundraisers and classes for charity and is deeply committed to giving back to the community. Her style of yoga is a unique blend of Classical, Vinyasa and Yin Yoga.

**Yap Yilin** learnt the importance of proper posture and technique in movement through her background in dance. As part of her own fitness regime, Yilin started Pilates but later realised how effective it was for strength training, posture alignment and enhancing body awareness, and decided to enrol as a certified instructor. As a Pilates instructor, her objective is to teach her students about body awareness, better posture, physical and mental well-being and self confidence through physical and functional exercises.

**Yvonne Peng** won the PA STARS Trainer of the Year Award in 2010, and has been a qualified trainer since the 1990s. She adopts an innovative and creative approach to her teaching and has developed a new form of exercise which comprises a fusion of 360° Body Fitness, Kickboxing & A.B.T., Pilates and Cardio Yoga.