

JOSH SUN

PILATES TRAINER

Balanced Body Mat 3 Certified

Balanced Body Reformer 3 Certified

Balanced Body Apparatus 3 Certified

TCFWF Pre/Postnatal Recovery Certified (US

Women's Sports Center)

Profile:

Josh played amateur soccer for 10 years but had to stop after repeated ankle injuries. In 2021, he discovered Pilates, which helped him recover, strengthen his core, improve spinal flexibility, and lower the risk of injury. Now, he shares his experience to help clients stay safe and reach their fitness goals.

