

# KEVIN HO

## MASTER PILATES TRAINER

STOTT Pilates Fully Certified Studio Instructor  
STOTT Pre/Postnatal Pilates Certified Instructor  
Pilates Instructor for Injury Rehab and Special Populations  
NeuroKinetic Therapy (NKT) Level 2 Certified  
Anti-Gravity Fitness Certified Instructor  
AASFP & ITPFA Advanced Personal Trainer Certified  
Functional Anatomy & Suspension Training Level 2 Certified  
Certified Coach, Hong Kong Swimming Teachers' Association

### Profile:

Kevin is a STOTT-certified Pilates instructor with 15 years of teaching in Hong Kong, now based in Canada. With nearly 20 years as a swim coach, he knows how Pilates can build core strength, improve balance, relieve pain, and boost performance. He focuses on pain from poor posture or overused muscles and, as a certified NKT (NeuroKinetic Therapy) practitioner, identifies and corrects muscle weakness and joint issues. By combining NKT with Pilates, he designs personalized plans for the best results.

