

# ANNIE LIANG

## PILATES TRAINER

STOTT Pilates® Fully Certified Instructor (All Equipment)

STOTT Pilates® Injuries & Special Populations Certified Instructor

STOTT Pilates® Pre- & Postnatal Certified Instructor

Balanced Body® CoreAlign® Level 1 & Level 2 Certified Instructor

The Center for Women's Fitness (TCFWF, USA) Pre- & Postnatal  
Corrective Exercise Certified

ACE (American Council on Exercise) Certified Personal Trainer

ACE Pre- & Postnatal Exercise Specialist

FMS® (Functional Movement Systems) Level 1 & Level 2 Certified



### Profile:

Annie first found Pilates after injuring her knee from running and going through rehab. During that time, she realized how much Pilates helped not just with recovery, but with improving the way her body moved overall. That experience inspired her to become an instructor.

Now, Annie creates personalized programs for each client based on their goals and physical condition. Her classes are fun, dynamic, and challenging, while also incorporating corrective exercises to help prevent injuries and support long-term strength and mobility.

