

## **Sunny Chee**

*Certified Personal Trainer | Yoga Instructor*

With a diverse background in education and fitness, Sunny Chee brings a unique teaching perspective to every training session. Drawing from over 7 years of yoga certification experience, 2+ years as a Certified Personal Trainer, and recent Zumba certification, Sunny offers a comprehensive approach to fitness that adapts to clients of all ages and abilities.

As a former middle school teacher, Sunny combines educational expertise with fitness knowledge to create clear, effective workout routines. She specializes in strength training, cardio conditioning, and yoga practice, skillfully modifying exercises to accommodate different fitness levels and goals. This personalized approach ensures that every client receives tailored guidance that meets their specific needs.

Sunny doesn't just teach – she lives the fitness lifestyle she promotes. As an avid practitioner of total body workouts, yoga, and cardio training, she understands firsthand the challenges and rewards of consistent exercise. This personal commitment to fitness enriches her teaching and inspires her clients to pursue their own wellness journeys.

Multilingual in Chinese, Japanese, and Malay, Sunny creates an inclusive environment where diverse clients feel welcome and understood. Whether you're seeking to build strength, improve flexibility, or boost your cardio endurance, Sunny provides expert guidance while fostering a supportive community atmosphere.

Currently pursuing certification as a spin class instructor, Sunny continually expands her knowledge to bring fresh, dynamic approaches to fitness. Her dedication to professional growth reflects her commitment to providing the highest quality training experience for every client.