



CCC GYMNASIUM

Personal Trainer

Anna Christianne Ho

**Master Trainer
Posing Head Coach
Group Class Head Teacher**



\$830/Hour

For enquiry and reservation, please contact
our Gym Reception at 2837 1858

- Master Trainer of Springs Programme
- Approved Assessor of Training Qualifications UK (TQUK)
- Master Trainer of Australia Institute of Fitness
- YACEP Yoga Alliance Continuing Education Provider
- Master of Science in Sports Medicine & Health Science (Chinese University of H.K.)
- E-RYT 500hrs Yoga Alliance
- Pilates Fitness Certificate (Fitnation Australia)
- Punchfit Trainer Certificate
- 賽馬會 “ 肌 ” 不可失 Mus-Fit Action 行勤大使
- Co-author “ Asia’s 15 over 50 ”
- 2018 CMO Hong Kong Woman Leader Award
- Wellness Expert for Aromatherapy Associates Asia
- Mindfulness Expert
- WBPF International Licensed Judge
- Winner of 2018 WBPF Asia Championships
- Winner of 2013 WBPF Asia Miss Athletic Physique
- HKCBBA 2014 Hong Kong Top 10 Outstanding Fitness Coach Award



CCC GYMNASIUM

Personal Trainer

Danny Tse

**Assistant Lecturer
Personal Trainer**



\$780/Hour

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- Springs Programme Advance Personal Trainer Cert.
- Springs Programme Certificate of Stretching Instructor
- Springs Programme Certificate of 50+ Active Ageing Fitness Instructor
- Springs Programme Certificate of Resistance Band Focus Training Workshop
- Springs Programme Certificate of Exercise Ball Focus Training Workshop
- 2017 Exercise Ball Instructor Certification
- 2017 Level 1 Fitness Coaching Certification
- 2017 Rope Skipping Instructor Certification
- 2017 Social Dance Instructor Certification
- 2017 Koftball Instructor Certification
- 2017 First Aider Certification Course
- 2017 Kettlebell Technical Certification
- 2018 Elderly Fitness and Activity Instructor Cert.
- 2018 Mountain Craft Training level 1
- 2018 Elementary Pilates Instructor Certification
- 2018 Elementary Yoga Instructor Certification
- 2018 Advanced Fitness Coaching Certification (Level II)
- 2018 H.K. Institute of Vocational Education (Chai Wan) - Higher Diploma in Sport Administration
- 2019 Sheffield Hallam University - Sport Business Management
- 2021 北京體育大學 - 運動營養師
- 2021 十大傑出健身教練 (HKCBBA)
- 2024 Winner of Men's Sport Physique H.K. Bodybuilding Beach Championship



CCC GYMNASIUM

Personal Trainer

Victor Chan

**Lecturer
Personal Trainer**



\$780/Hour

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our Gym Reception at 2837 1858

- Approved Assessor of Training Qualifications UK (TQUK)
- Springs Programme Advance Personal Trainer Cert.
- Springs Programme Stretching Instructor
- Children & Adolescence Fitness Instructor
- Advanced Studies in Personal Training
- Nutrition and Weight Management Certification
- Body Weight Training Instructor
- Specialized Prescription Program: Elderly Fitness
- Specialized Prescription Program: Chronic Fitness
- Sports Trainer - Fundamental Level (Sports Medicine Australia)
- BA (Hons) Business Administration and Management (De Montfort University)
- Hong Kong Representative for Overseas Competitions (2000, 2003, 2007 & 2009)
- The Karatedo Federation of Hong Kong, China Limited - Development Coach Award 2021
- The Karatedo Federation of Hong Kong, China Limited - Outstanding Athlete's Performance Awards (2008 to 2009)
- Former Team Member of National Squad of Karatedo
- Karatedo & Fitness Coach
- 4th Dan Grade of Black Belt, Ken Yu Kai Karate Association (Singapore)
- Level II Coach, The karatedo Federation of Hong Kong China Ltd.
- Level II Coach, H.K. Coaching Committee, H.K. Sports Institute



CCC GYMNASIUM

Personal Trainer

Chan Siu Lo

**Lecturer
Senior Personal Trainer**



\$780/Hour

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- Lecturer of Springs Programme Pilates(Matwork) Course for Personal Trainers
- Lecturer of Springs Programme Certificate in Pilates Reformer for Personal Trainer
- Stott Intensive Reformer Certificate
- Stott Intensive Cadillac, Chair & Barre
- NASM International Certified Personal Trainer
- Springs Programme Advance Personal Trainer Certification
- Springs Programme Pre- and Post-Natal Fitness Instructor Course
- 200-Hour Certified Yoga Teacher
- Stick Mobility Level 1 Certification
- 幼兒體育幼師基礎證書課程
- Certificate in Playgroup Tutor Training
- Hong Kong Fencing Association Level 1 Foil (第一級花劍)
- Hong Kong Fencing Association Level 1 Sabre (第一級佩劍)
- Higher Diploma in Sports Management & Training Science (IVE)



CCC GYMNASIUM

Personal Trainer

Waki Law

Personal Trainer



\$600/Hour

For enquiry and reservation, please contact
our Gym Reception at 2837 1858

- Springs Programme Personal Trainer Certification
- Training Qualifications UK (TQUK) Certificate in Personal Training (Level 3)
- Certificate in Adult Cardio Pulmonary Resuscitation (CPR)



CCC GYMNASIUM

Personal Trainer

Eric Lai

Personal Trainer



\$600/Hour

For enquiry and reservation, please contact
our Gym Reception at 2837 1858

- Springs Programme Personal Trainer Certification
- Training Qualifications UK (TQUK) Certificate in Personal Training (Level 3)
- Certificate in Adult Cardio Pulmonary Resuscitation (CPR)



CCC GYMNASIUM

Personal Trainer

Ryan Yau

Personal Trainer



\$600/Hour

For enquiry and reservation, please contact
our Gym Reception at 2837 1858

- Springs Programme Personal Trainer Certification
- Springs Programme Personal Post-Natal Fitness Instructor
- Advanced Personal Fitness Trainer Certification
- Muay Thai Instructor Certification
- Certificate in Special Sport Injuries and Rehabilitation Trainer
- Certificate for Exercise Band Training
- Repts Register of Exercise Professionals
- Certificate in Adult Cardio Pulmonary Resuscitation (CPR)



CCC GYMNASIUM

Personal Trainer

Helen Ip

Personal Trainer



\$600/Hour

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our Gym Reception at 2837 1858

- Springs Programme Personal Trainer Certification
- Training Qualification UK (TQUK) Certificate in Personal Training (Level 3)
- Springs Programme 50+ Active Aging Fitness Instructor Certificate
- Certificate in Adult Cardio Pulmonary Resuscitation (CPR)
- Pilates Equipment Instructor Workshop
- Practical Pilates for PTs
- Basi Pilates Comprehensive Teacher Training Program (Reformer, Barrel, F2 Spine Corrector, F2 Arm Chair, Ped-a-Pul, Mat.)



CCC GYMNASIUM

Personal Trainer

Brian Lau

Personal Trainer



\$600/Hour

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- NBFA Certificated Personal Trainer
- IPTA Certificated Personal Trainer
- Elite Fascia Blade Certification
- Sports Massage Certificate
- Certificate in Stretching Instruction
- First Aid and CPR Certificate