



NUR AISHAH BT RUSLAN

PILATES INSTRUCTOR

ABOUT AISHAH

Aishah graduated with a Diploma in Physiotherapy from Asia Metropolitan College in year 2022.

Aishah found Pilates to be very beneficial for her body stiffness, aches and postural issues. With this keen interest, she took up the challenge to further take up a Pilates certification to help her clients with their active rehabilitation. She enjoys integrating her physiotherapy knowledge and Pilates skills to help all ages create healthy and strong bodies.

PROFESSIONAL CERTIFICATIONS:

- *Diploma in Physiotherapy (Asia Metropolitan College)*
- *Certified Stott Pilates Instructor*

LANGUAGES SPOKEN:

- *English*
- *Bahasa Malaysia*
- *Mandarin*
- *Hokkien*
- *Sarawak's Malay*

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