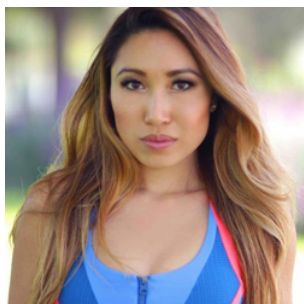

CASSEY HO

LONDON
SPEAKER
BUREAU

- Award-winning fitness instructor, Entrepreneur and Online Personality



Topics

- Environment
- Health
- Lifestyle
- Social Media
- Society

Cassey Ho is an award-winning fitness instructor, entrepreneur and online personality. She is the creator of Blogilates, the #1 female fitness channel on Youtube with over 300 million video views and 2.8 million subscribers. In a revolutionary partnership, Cassey's unique format, POP Pilates which launched on Youtube in 2009, has become a live class that can be taken at every 24 Hr Fitness gym in the US. She's the author of the best-selling book, Hot Body Year Round and is the designer of her own activewear line, POPFLEX.

Cassey graduated with an honors degree in Biology from Whittier College in 2009 but decided not to pursue her career path in medicine. While in college, she started teaching Pilates as a sophomore at a small studio, after being certified by NAFC, NESTA and Balanced Body University. Senior year, at college she was inspired to launch oGorgeous when she couldn't find a yoga bag that was stylish enough or big enough to fit my mat and gym things in. Orders quickly began rolling in, and soon her yoga bags were featured in SHAPE Magazine and on the Wendy Williams Show.

Cassey has been doing Pilates for 10 years and teaching for 6.5 years to date. POP Pilates was founded during her time teaching at a gym, realising that combing pop music and Pilates created a unique, exciting energy within classes.

POP Pilates now has followers and fans world-wide, with Cassey being named the Best Healthy Living Blogger of 2012 by FITNESS Magazine. She is the number 2 most influential online personality by Sharecare, second to Jillian Michaels.