

# CRISTINA MANCIN

CERTIFIED PILATES INSTRUCTOR

TIER 2



## Training Philosophy

I enjoy empowering my clients to integrate the Pilates method toward reaching their objectives, whether the goal is to improve posture, rehabilitate from injuries or train for strength and power development. I also believe that it is important to teach the reasons behind the exercise as well as learning the exercise safely and effectively. My teaching style is challenging with focus on strengthening, flow and breath, fun and diverse!

## Experience

Pilates Instructor— Since 2015

Participated in Combination Track and Field Competitions

## Certifications

- Balanced Body Comprehensive Pilates Instructor
- RYT 200 Certified Yoga Instructor
- EBFA Barefoot Training Specialist
- CPR/AED/First Aid

## Education:

- A.A. in German, French, and English Language, L. Einaudi, Venice, Italy

## Interests:

Running, Pilates, yoga, outdoor cycling, reading, art, listening to rock and classic music, traveling, cooking and eating, and spending time with my wonderful children and husband

MY GOAL AS YOUR PILATES INSTRUCTOR IS TO HELP YOU MOVE EFFICIENTLY, TO ATTAIN AND MAINTAIN YOUR FITNESS GOALS, AND TO IMPROVE YOUR QUALITY OF LIFE



SAN MATEO ATHLETIC CLUB AT COLLEGE OF SAN MATEO

PROVIDING THE EXOS EXPERIENCE



MINDSET



NUTRITION



MOVEMENT



RECOVERY