

TONI MADDOCKS

CERTIFIED PILATES INSTRUCTOR



MY GOAL AS
YOUR PILATES
INSTRUCTOR
IS TO KEEP
YOU LIMBER
AND STRONG!

Training Philosophy:

After repeatedly reading about the benefits of Pilates, I signed up for a mat class during my undergrad. As a dancer in high school, I was drawn to the fluidity and movement of Pilates and before the end of the school year I really noticed a change in my body that no other form of exercise had given me previously. I have become stronger, more flexible, and more coordinated, with a heightened awareness in my body that has benefited me both inside and outside the studio. My goal is for every client to feel the difference in their bodies as well. I strive to provide a balanced workout in every class, paying particular attention to how the breath and form affect the work and how the body feels during the exercise. Every body can benefit from the work of Joseph Pilates, which ranges from rehabilitative work to preventative care to athletic training. It's my pleasure to share his work with my clients and to learn and grow with each class.

Experience:

Pilates Instructor— Since 2015

Certifications:

- Balanced Body Pilates Mat and Reformer Certification

Education:

- B.A. in Film Production, UC Santa Cruz

Interests:

Pilates, Running, Acting, Movies and TV, Singing, Cooking and Baking, Drawing, Reading, and Writing



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM