

# LILIANA WILLIAMS

CERTIFIED PILATES INSTRUCTOR



MY GOAL AS YOUR  
PILATES INSTRUCTOR  
IS TO ENERGIZE AND  
STRENGTHEN THE  
MIND BODY  
CONNECTION  
THROUGH PILATES  
MOVEMENTS.

## Training Philosophy:

My focus when teaching classes is to create a complete body workout in the mind-body or cardio disciplines. Although, Yoga, Pilates, TRX and cycling are different fields, they share the training of our muscles and minds. My workouts cover stability, core, lengthening, strength and enhancing the mind-body connection. The workouts I teach although diverse require engaging members with positive language so they can reach their potential. Pilates and Yoga can challenge an individual's mental and physical endurance just as a cycling workout can. My goal is for members to walk out of the Studio, feeling they receive a complete and challenging workout to satisfy their physical needs in a safe manner.

## Experience:

Pilates Mat Instructor— Since 2006

Spin Instructor— Since 2005

Yoga Instructor— Since 2011

## Certifications:

- Level 2 Spinning Instructor
- Pilates Mat, certified at Integrated Teacher Training program
- AFAA Certified Group Exercise Instructor
- Balanced Body Certified Pilates Reformer
- YogaFit Certified Instructor
- TRX Suspension Training

## Education:

- M.B.A., Louisiana State University (1999)
- M.S. in Information Systems & Decisions Sciences, Louisiana State University (1998)
- B.S. in Civil Engineering, National University of Honduras (1994)

## Interests:

Hiking, mountain biking, swimming, running, cooking, and Waffle Sundays with the family!



**SAN MATEO**  
ATHLETIC CLUB  
AT  
COLLEGE OF SAN MATEO

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FOCUSED IN YOUR TRAINING PROGRAM