

# LYDIA LEE

CERTIFIED PILATES INSTRUCTOR



## Training Philosophy:

Cross Training with Movements has always been my Training Philosophy. I am certified as a “Hybrid” Personal Fitness Trainer for that’s how I believe we optimize our bodies. My Triple Pillars for cross training includes Pilates + TRX + Cycling. My goal is to help my clients achieve a “Balanced Body” with stability, endurance, strength, power, and flexibility. I’m here to share my fitness training disciplines & experiences with SMAC clients. I also want to inspire post-rehab clients to achieve a personal comeback by incorporating corrective exercise programs and providing mental encouragement for my clients to be optimistic and patient as I have personally experienced.

## Experience:

Pilates Instructor— Since 2014

Personal Trainer— Since 2014

## Certifications:

- Balanced Body Comprehensive Instructor
- NASM Certified Personal Trainer
- NCSF Certified Personal Trainer
- TRX Suspension & RIP Trainer
- ACE Certified Group Fitness Instructor

## Education:

- M.B.A. in Marketing & International Business, Santa Clara University

## Interests:

Cycling, Hiking, Summiting, Volunteering, Playing Piano, Traveling, Eating Chinese Desserts

MY GOALS AS YOUR  
PILATESINSTRUCTOR  
IS TO HELP MY  
CLIENTS ACHIEVE  
THEIR FITNESS GOALS  
AND ENJOY OUR  
TRAINING EXPERIENCE  
TOGETHER!



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MAKE THE INVESTMENT TO BE  
FOCUSED IN YOUR TRAINING PROGRAM