



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

# Lydia Lee

## Personal Fitness Trainer & Private 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 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:

Certified Personal Trainer & Pilates Instructor @ SMAC  
Determined Cyclist (record summit 9,100 feet) & Hiker (record summit 19,340 feet)

### Certifications:

NCSF Certified Personal Trainer  
Balanced Body Comprehensive Pilates Instructor (Reformer, Apparatus, Mat)  
ACE Certified Group Fitness Instructor  
TRX Suspension Training  
EBFA Barefoot Trainer

### Education:

MBA degree in Marketing & Int’l Business, Santa Clara University

### Interests:

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