

# TONI MADDOCKS

CERTIFIED PILATES INSTRUCTOR



## 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

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



SAN MATEO  
ATHLETIC CLUB  
AT  
COLLEGE OF SAN MATEO

MAKE THE INVESTMENT TO BE  
FOCUSED IN YOUR TRAINING PROGRAM