

DARIN PRAKITTIPOOM

CERTIFIED PILATES INSTRUCTOR



Training Philosophy:

No matter how much money you have, you cannot buy “Good Health”. You have to build “Good Health” by yourself. So, I do believe that training should be fun & creative to encourage clients to pursue their workout regularly. And on the top of that, I always want to offer a challenge to my clients in order to help them reach their goal or surpass them.

Experience:

Pilates Instructor- Since 2017

Pilates Mat Instructor- Since 2017

HIIT & Bootcamp Enthusiast- since 2013

Certifications:

- Balanced Body Certified Mat Instructor
- CSM Certified Comprehensive Pilates Instructor
- CPR/AED First Aid

Education:

- MBA Assumption University, Bangkok Thailand
- BA Assumption University, Bangkok Thailand

Interests:

Pilates, Weight Training, HIIT, Cooking & Baking Healthy Food (I love to cook from scratch, even for my dogs!), Spend time on my food blog

MY GOAL AS YOUR PILATES INSTRUCTOR IS TO HELP YOU BUILD YOUR GREAT BODY, ENCOURAGE YOU TO ENJOY AND LOVE TO PRACTICE EXERCISE



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM