

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

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery