

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



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery