

SYBILLE DRAPER

CERTIFIED PILATES INSTRUCTOR



Training Philosophy:

I found Pilates after dealing with severe back problems and it has transformed my body, my mind, my whole life. Pilates has been an invaluable tool to creating mobility, stability, strength, flexibility and body awareness. It has taught me how to organize my body to be able to perform challenging exercises in a safe manner which previously I thought were not possible. As an instructor I enjoy sharing my passion and enthusiasm for Pilates and strive to help clients increase their confidence and body awareness with the use of core control and functional movement patterns to improve overall strength, reduce injuries, and ready the body for whatever life demands. My goal is for my classes to be energetic, challenging, fun yet mindful and for my clients to leave lengthened, strengthened, energized and self confident in appreciation of the amazing bodies they were born into.

Experience:

Pilates Instructor– Since 2012

Spinning Instructor– Since 2012

Certifications:

- Balanced Body Comprehensive Pilates Instructor
- Maddogg Spinning Instructor
- AFAA Group Exercise Certification
- EBFA Barefoot Training Specialist
- Trigger Point Performance SMRT Core
- BOSU Mobility and Stability

Education:

- B.S. Mechanical Engineering, The University of Tennessee

Interests:

Pilates, hiking, camping, cooking and traveling

MY GOAL AS YOUR
PILATES
INSTRUCTOR IS TO
HELP YOU FEEL
LENGTHENED,
STRENGTHENED,
BALANCED AND
INVIGORATED



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery