

DARIN PRAKITTIPOOM

CERTIFIED PILATES INSTRUCTOR

TIER 1



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

Indoor Rowing Coach- Since 2019

Certifications

- Balanced Body Comprehensive Pilates Instructor
- Scoliosis & Asymmetry Management- Level 1
- Row House Indoor Rowing Certified Coach
- NASM Certified Personal Trainer
- 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

PROVIDING THE
EXOS.
EXPERIENCE



MINDSET



NUTRITION



MOVEMENT



RECOVERY