

# RHONDA FITZPATRICK

CERTIFIED PERSONAL TRAINER & PILATES INSTRUCTOR

TIER 2



MY GOAL AS  
YOUR TRAINER IS  
TO HELP YOU WITH  
COMPLETE  
COORDINATION OF  
MIND, BODY, AND  
SPIRIT

## Training Philosophy

Clients ask, “Pilates or Personal Training?” and the answer is both! The Pilates apparatus is a great compliment to all types of exercise regimens; whether one is starting a new exercise program or is a competing athlete, Pilates improves strength, flexibility, and posture. On the gym floor a personal trainer can devise a complete workout, ensure correct form, and provide motivation to clients. A full body workout can be performed including strength and/or functional training, flexibility, and plenty of options for aerobic conditioning. As a firm believer of mixing up workout routines, the combination of Pilates apparatus and training on the gym floor could lead to optimal strength, balance, coordination, and cardiovascular health.

## Experience

Personal Trainer- Since 2007

Pilates Instructor- Since 2015

Group Exercise Instructor- since 2008

## Certifications

- Balanced Body Comprehensive Pilates Instructor
- ACE Certified Personal Trainer
- ACE Certified Group Exercise Instructor
- Yoga Instructor 200 HR YTA
- Barre Certified
- TRX Certified
- CPR/AED First Aid

## Education

- College of San Mateo Pilates Comprehensive Program

## Interests

Dancing, Hiking, Outdoor Cycling, Yoga, Weight-lifting, Playing the piano



SAN MATEO  
ATHLETIC CLUB  
AT  
COLLEGE OF SAN MATEO

PROVIDING THE  
EXOS.  
EXPERIENCE



MINDSET



NUTRITION



MOVEMENT



RECOVERY