

KARI GARCIA

CERTIFIED PILATES INSTRUCTOR

TIER 1



Training Philosophy

The versatility of Pilates is what I love most, how the principles can help people from all walks of life in all phases of their lives move better and feel stronger. For many years I pushed my body too hard and developed multiple injuries. Pilates has helped me gain a deeper understanding of body awareness and improve the imbalances and injuries that I struggled with. I strongly believe in the value of a good warmup and how you move your body are some of the most important factors in a successful exercise routine. My style is intuitive and focused, and I train my clients to a deeper awareness of movement and strength, moving beyond functional training and toward integration and awareness of the whole body. I look forward to meeting each client where they are, and creating a program that will guide them towards fulfilling their goals.

Experience

Pilates Instructor- Since 2019

Certifications

- Balanced Body Pilates Instructor-Reformer and Mat
- CPR/AED First Aid

Education

- CSM Pilates Comprehensive
- BASI Pilates Comprehensive

Interests

Pilates, Hot Yoga, Dance, Music, Sports, Traveling, Cooking, Film & Photography, Spending time with friends & family

MY GOAL AS YOUR
PILATES INSTRUCTOR IS
TO HELP YOU MOVE
BETTER, FEEL
STRONGER AND
ACHIEVE OPTIMAL
HEALTH



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



MINDSET



NUTRITION



MOVEMENT



RECOVERY