

CRISTINA MANCIN

Certified Pilates Instructor, Tier II

Training Philosophy

I enjoy empowering my clients to integrate the Pilates method toward reaching their objectives, whether the goal is to improve posture, rehabilitate from injuries or train for strength and power development.

I also believe that it is important to teach the reasons behind the exercise as well as learning the exercise safely and effectively.

My teaching style is challenging with focus on strengthening, flow and breath, fun and diverse!

Certifications

- Balanced Body Comprehensive Instructor
- RYT 300 Certified Yoga Instructor
- EBFA Barefoot Training Specialist
- CPR/AED First Aid

Experience

Pilates Instructor— since 2015
Participated in Combination Track and Field Competitions

Education

German, French, and English Language, A.A.
L. Einaudi, Venice, Italy

Interests

Running, Pilates, yoga, outdoor cycling, reading, art, listening to rock and classic music, traveling, cooking and eating, and spending time with my wonderful children and husband

“ My goal as your Pilates Instructor is to help you move efficiently, to attain and maintain your fitness goals and to improve your quality of life.



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