

LILIANA WILLIAMS

Certified Pilates Instructor, Tier II

Training Philosophy

My focus when teaching classes is to create a complete body workout in the mind and body or cardio disciplines. Although Yoga, Pilates, TRX and cycling are different fields, they share the training of our muscles and minds.

My workouts cover stability, core, lengthening, strength and enhancing the mind and body connection. The workouts that I teach, although diverse, require engaging members with positive language so they can reach their potential.

Pilates and yoga can challenge an individual's mental and physical endurance just as a cycling workout can. My goal is for members to walk out of the Studio feeling they received a complete and challenging workout to satisfy their physical needs in a safe manner.

Interests

Hiking, mountain biking, swimming, running, cooking and Waffle Sundays with the family!

Certifications

- Level 2 Spinning Instructor
- Pilates Mat, Certified at Integrated Teacher Training Program
- AFAA Certified Group Exercise Instructor
- Balanced Body Certified Pilates Reformer
- YogaFit Certified Instructor
- TRX Suspension Training
- CPR/AED First Aid

Experience

Pilates Mat Instructor— since 2006

Spin Instructor— since 2005

Yoga Instructor— since 2011

Education

- *M.B.A.*, Louisiana State University
- *Information Systems & Decisions Sciences, M.S.*, Louisiana State University
- *Civil Engineering, B.S.*, National University of Honduras

“ My goal as your Pilates Instructor is to energize and strengthen the mind and body connection through Pilates movements.”



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