

SANDY LAM

Certified Pilates Instructor, Tier II

Training Philosophy

I am excited to share my passion for Pilates with my clients and guide them in achieving their own fitness goals.

Coming from the dance fitness field where I have taught U-Jam since 2013, I feel that Pilates has dramatically improved my flexibility and strength, especially in my core.

Whether your goal is longevity, better mobility, improved posture or balance, peak sport performance, rehab from injuries, or simply feeling and looking good, I will help you! It is rewarding for me to help you get stronger and healthier, along with seeing your smiles at the end of the session.

Experience

Pilates Instructor— since 2015

Pound Instructor— since 2015

World of U-Jam Instructor— since 2013

Yoga Instructor— since 2012

Certifications

- Balanced Body Comprehensive Instructor
- RYT 500 Hrs Yoga Certified
- Word of Dance U-Jam
- LaBlast® Fitness
- Zumba® Fitness
- Pound Rockout Workout
- EBFA Barefoot Training Specialist
- BOSU Mobility and Stability
- Kick-Boxing
- AFFA: Group Exercise Certification
- CPR/AED First Aid

Education

Interior Architecture Design, B.A.
San Diego State University

Interests

Dancing, Pilates, yoga, badminton, playing guitar and piano, movies, reading and watching the NBA

“ My goal as your Pilates Instructor is to help you strengthen and maintain a healthy mind and body. ”



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