

SYBILLE DRAPER

Certified Pilates Instructor, Tier II

Training Philosophy

I found Pilates after dealing with severe back problems and it has transformed my body, my mind, my whole life. Pilates has been an invaluable tool to creating mobility, stability, strength, flexibility and body awareness. It has taught me how to organize my body to be able to perform challenging exercises in a safe manner which previously I thought were not possible.

As an instructor, I enjoy sharing my passion and enthusiasm for Pilates and strive to help clients increase their confidence and body awareness with the use of core control and functional movement patterns to improve overall strength, reduce injuries, and ready the body for whatever life demands.

My goal is for my classes to be energetic, challenging, fun yet mindful and for my clients to leave lengthened, strengthened, energized and self confident in appreciation of the amazing bodies they were born into.

Certifications

- Balanced Body Comprehensive Instructor
- The Pilates Center Advanced Classical Teacher Training
- Maddogg Spinning Instructor
- AFAA Group Exercise Certification
- EBFA Barefoot Training Specialist
- Trigger Point Performance SMRT Core
- BODU Mobility and Stability
- CPR/AED First Aid

Experience

Pilates Instructor— since 2012

Education

Mechanical Engineering, B.S.
University of Tennessee

Interests

Pilates, hiking, camping, cooking and traveling

“ My goal as your Pilates Instructor is to help you feel lengthened, strengthened, balanced and invigorated.”



COLLEGE OF SAN MATEO
ATHLETIC CENTER