

# JEAN GARCIA

CERTIFIED PILATES INSTRUCTOR

TIER 2



## Training Philosophy

My Pilates journey began when a friend from ballet class began offering Pilates Mat classes at a gym where I was working. I quickly discovered that Pilates was a great compliment to all the various types of exercise in which I was involved and it became a staple in my life. I especially liked that it was not only a mindful practice, but a challenging one as well. Pilates has helped me develop a more balanced body and an especially strong core, which enables me to safely execute a wide variety of movement modalities. After decades in the fitness industry, I don't envision myself or my students continuing to participate indefinitely in high impact activities, but I can see all of us safely maintaining strong, coordinated, flexible bodies with Pilates. Pilates enables us to be fit now and to maintain our healthy bodies far into the future so that we can live our lives to the fullest.

## Experience

Group Exercise Instructor- since 1991

Pilates Instructor- since 2007

Yoga Instructor- since 2007

Personal Trainer- since 2009

## Certifications

- Balanced Body Comprehensive Instructor
- Peak Pilates Mat Instructor
- Yoga Alliance RYT 200 Hours
- ACE Group Exercise Instructor
- ACE Personal Trainer
- CPR/AED

## Education

- B.A. in Art History, UC Santa Barbara, CA
- M.A. in Art History, UC Berkeley, CA
- Advanced Scholar Program, Columbia University, NYC

## Interests:

My Family, Art, Dance, Reading, Cooking, Musical Theater, Skiing, Travel, Hiking, Gardening

MY GOAL AS YOUR PILATES INSTRUCTOR IS TO TEACH YOU TO BE AWARE OF YOUR STRENGTHS & WEAKNESSES, SO THAT YOU CAN DEVELOP GREATER BALANCE BETWEEN THE TWO, AVOID INJURY AND NURTURE THE BODY YOU WERE BORN WITH



SAN MATEO ATHLETIC CLUB AT COLLEGE OF SAN MATEO

PROVIDING THE EXOS EXPERIENCE



MINDSET



NUTRITION



MOVEMENT



RECOVERY