



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

Mai Tran

Personal Fitness Trainer



Training Philosophy:

I have been fortunate enough to work in various areas of fitness- from a clinical setting, to working with recreational athletes of all ages, to managing a fitness department. As a trainer, it never ceases to amaze me what people are capable of and I aim to get a smile at the end of every session!

Experience:

14 years Personal Training
12 years Group Exercise
10 years Fitness Management

Certifications:

NSCA Certified Strength & Conditioning Specialist
TRX Suspension Training Certification
TRX Group Training Certification
RIP Training Certification

Education:

Masters of Science- Clinical Exercise Physiology, University of Florida
Bachelors of Science- Fitness Specialist, Indiana University- Bloomington
Internship in Multiple Sclerosis and Stroke Research, University of Florida
Internship in Cardiac Rehab, Indiana University- Bloomington
Co-Presenter for Core Training Seminar at the National Intramural Recreational Sports Association in 2006

Interests:

Hiking, running, spending as much time with friends and family as possible