

LYDIA LEE

CERTIFIED PILATES INSTRUCTOR & PERSONAL TRAINER



MY GOAL AS YOUR
PILATES INSTRUCTOR
IS TO HELP MY
CLIENTS ACHIEVE
THEIR FITNESS GOALS
AND ENJOY OUR
TRAINING EXPERIENCE
TOGETHER!

Training Philosophy:

Cross Training with Movements has always been my Training Philosophy. I am certified as a “Hybrid” Personal Fitness Trainer for that’s how I believe we optimize our bodies. My Triple Pillars for cross training includes Pilates + TRX + Cycling. My goal is to help my clients achieve a “Balanced Body” with stability, endurance, strength, power, and flexibility.

I’m here to share my fitness training disciplines & experiences with SMAC clients. I also want to inspire post-rehab clients to achieve a personal comeback by incorporating corrective exercise programs and providing mental encouragement for my clients to be optimistic and patient as I have personally experienced.

Experience:

Pilates Instructor— Since 2014

Personal Trainer— Since 2014

Certifications:

- NASM Certified Personal Trainer
- NCSF Certified Personal Trainer
- Balanced Body Comprehensive Instructor
- TRX Suspension & RIP Trainer
- ACE Certified Group Fitness Instructor

Education:

- M.B.A. in Marketing & International Business, Santa Clara University

Interests:

Cycling, Hiking, Summiting, Volunteering, Playing Piano, Traveling, Eating Chinese Desserts



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM