

# GENEVIEVE YU

CERTIFIED PILATES INSTRUCTOR



## Training Philosophy:

I believe that having a healthy body and mind is one of the most important things in life. Coming from a high stress corporate job, exercise was the only way I could stay sane for 25 years. I disciplined myself to take a mental break go to the gym daily, either running, swimming, weight lifting, jumping, cycling, dancing or taking any classes that they have to offer no matter how tired I was feeling. I want to help other members incorporate Pilates and Yoga in a safe environment, to provide them with proper alignment and form so that they can reach their own personal goals in strength, flexibility, and balance.

## Experience:

Pilates Instructor- since 2016

Yoga Instructor- since 2016

## Certifications:

- Balanced Body Reformer Certification
- RYT 200-Hr Yoga Certified
- Adult CPR/AED

## Education:

- B.S. in Human Resource & Organizational Behavior at University of San Francisco

## Interests:

Music, reading, movie, travel, love animals and food, I live to EAT (that's why you may see me at the gym often)

MY GOAL AS YOUR  
PILATES INSTRUCTOR  
IS TO ENSURE YOU  
ARE A WELL-  
FUNCTIONING BEING  
EACH DAY OF YOUR  
LIFE.



**SAN MATEO**  
ATHLETIC CLUB  
AT  
COLLEGE OF SAN MATEO

MAKE THE INVESTMENT TO BE  
FOCUSED IN YOUR TRAINING PROGRAM