



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

Liliana Williams

Private Pilates Instructor



Training Philosophy:

My focus when teaching classes is to create a complete body workout in the mind-body or cardio disciplines. Although, Yoga, Pilates, TRX and cycling are different fields, they share the training of our muscles and minds. My workouts cover stability, core, lengthening, strength and enhancing the mind-body connection. The workouts I teach although diverse require engaging members with positive language so they can reach their potential. Pilates and Yoga can challenge an individual's mental and physical endurance just as a cycling workout can. My goal is for members to walk out of the Studio, feeling they receive a complete and challenging workout to satisfy their physical needs in a safe manner.

Experience:

Pilates Mat Instructor for >9 years
Spinning Instructor for >10 years

Certifications:

Level 2 Spinning Instructor
Pilates Mat, certified at Integrated Teacher Training program
AFAA Certified Group Exercise Instructor
Balanced Body Certified Pilates Reformer
YogaFit Certified Instructor
TRX Suspension Training Certification

Education:

Masters in Business Administration, Louisiana State University (1999)
Masters in Information Systems & Decisions Sciences, Louisiana State University (1998)
Bachelor of Science in Civil Engineering, National University of Honduras (1994)

Interests:

Lifelong passion with outdoor activities such as hiking, mountain biking, swimming and running. If I was not outdoors exercising, then I was at the gym taking a Pilates or Yoga class. Now, if I am not exercising or teaching a class, I am usually in the kitchen preparing dishes, always a new recipe to discover. I am now transmitting that passion of movement and diversity in food to my son. We enjoy hiking together as a family, swimming outdoors and biking and our traditional Waffle Sunday!