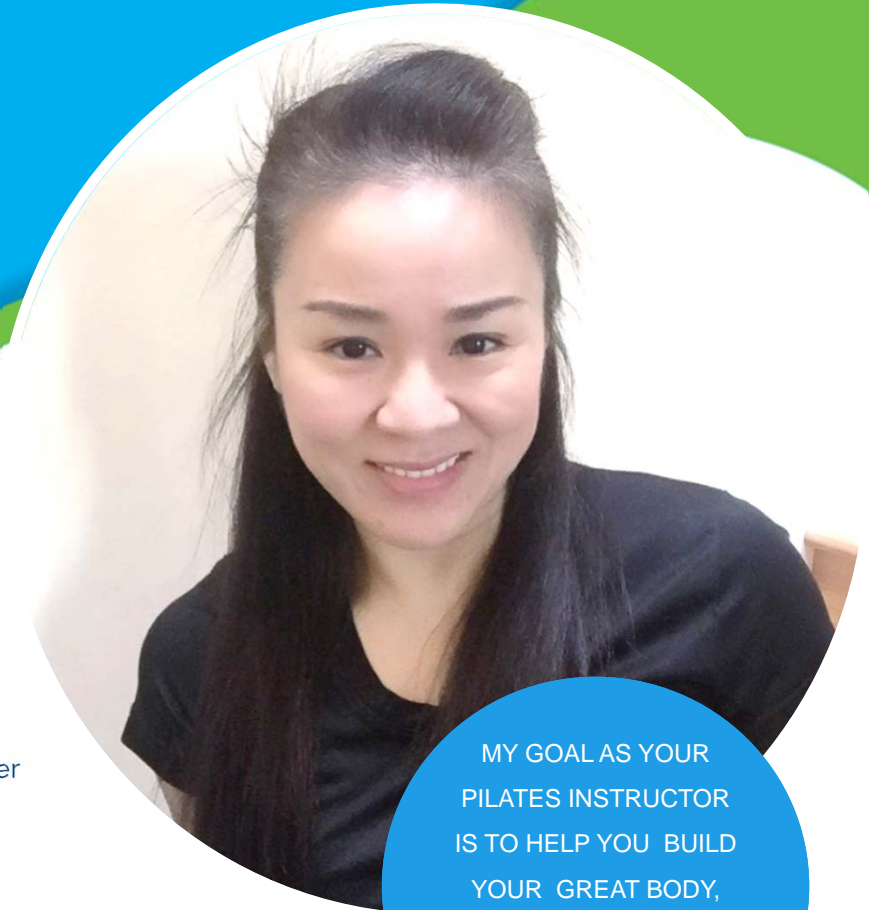


# DARIN PRAKITTIPOOM

CERTIFIED PILATES INSTRUCTOR



## Training Philosophy:

No matter how much money you have, you cannot buy "Good Health". You have to build "Good Health" by yourself. So, I do believe that training should be fun & creative to encourage clients to pursue their workout regularly. And on the top of that, I always want to offer a challenge to my clients in order to help them reach their goal or surpass them.

## Experience:

Pilates Instructor- Since 2017

Pilates Mat Instructor- Since 2017

HIIT & Bootcamp Enthusiast- since 2013

## Certifications:

- Balanced Body Certified Mat Instructor
- CSM Certified Comprehensive Pilates Instructor
- NASM Certified Personal Trainer
- CPR/AED First Aid

## Education:

- M.B.A. Assumption University, Bangkok Thailand
- B.A. Assumption University, Bangkok Thailand

## Interests:

Pilates, Weight Training, HIIT, Cooking & Baking Healthy Food (I love to cook from scratch, even for my dogs!), Spend time on my food blog

MY GOALS AS YOUR  
PILATES INSTRUCTOR  
IS TO HELP YOU BUILD  
YOUR GREAT BODY,  
ENCOURAGE YOU TO  
ENJOY AND LOVE TO  
PRACTICE EXERCISE.



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

MAKE THE INVESTMENT TO BE  
FOCUSED IN YOUR TRAINING PROGRAM