

CRISTINA MANCIN

CERTIFIED PILATES INSTRUCTOR



MY GOALS AS YOUR
PILATES INSTRUCTOR
IS TO HELP YOU MOVE
EFFICIENTLY, TO
ATTAIN AND MAINTAIN
YOUR FITNESS
GOALS, AND TO
IMPROVE YOUR
QUALITY OF LIFE

Training Philosophy:

I enjoy empowering my clients to integrate the Pilates method toward reaching their objectives, whether the goal is to improve posture, rehabilitate from injuries or train for strength and power development. I also believe that it is important to teach the reasons behind the exercise as well as learning the exercise safely and effectively. My teaching style is challenging with focus on strengthening, flow and breath, fun and diverse!

Experience:

Pilates Instructor– Since 2015

Teacher Assistant– CSM Pilates Program Since 2016

Participated in Combination Track and Field Competitions

Certifications:

- Balanced Body Comprehensive Pilates Instructor
- RYT 200 Certified Yoga Instructor
- EBFA Barefoot Training Specialist
- TheraPilates for Osteoporosis
- CPR/AED First Aid

Education:

- A.A. in German, French, and English Language, L. Einaudi, Venice, Italy

Interests:

Running, Pilates, yoga, outdoor cycling, reading, art, listening to rock and classic music, traveling, cooking and eating, and spending time with my wonderful children and husband



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery