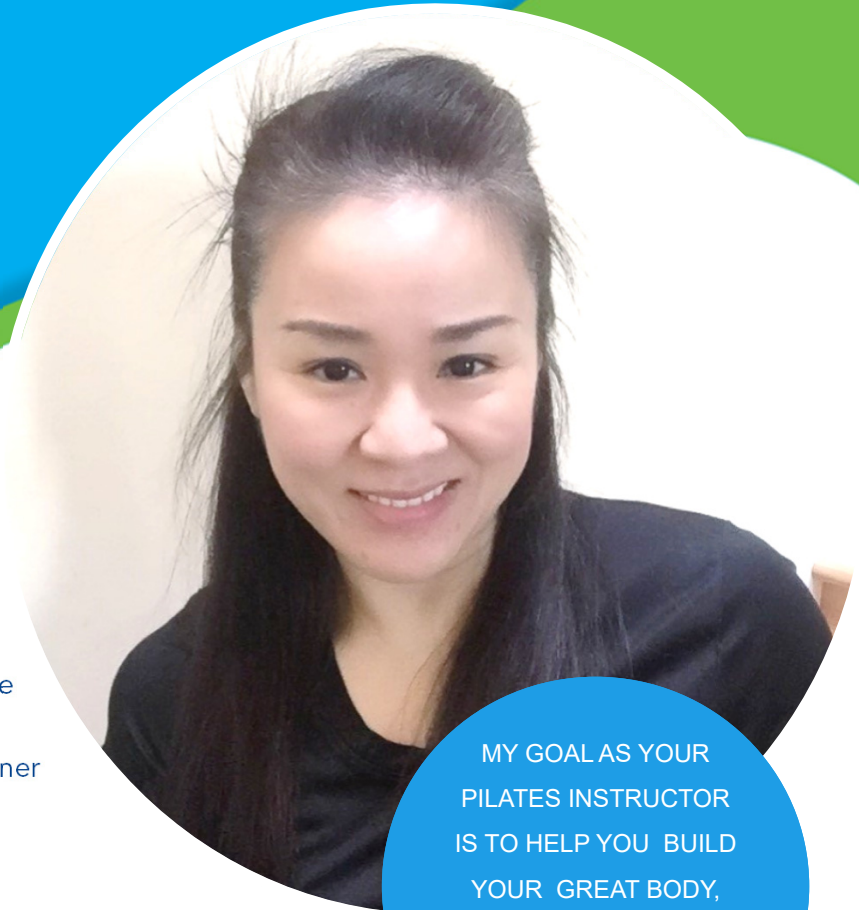


DARIN PRAKITTIPOOM

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

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery