

# STEPHANIE MAY

CERTIFIED PERSONAL TRAINER & MASSAGE THERAPIST



MY GOAL AS  
YOUR TRAINER IS  
TO TEACH YOU LONG  
TERM HOLISTIC  
CHANGE FOR  
LIFELONG RESULTS

## Training Philosophy

“What would you do if you knew you could not fail?” As a trainer, coach and body worker, I consider myself a holistic healer. We will look at every aspect of your health to help you achieve your goals. I will draw experience from a plethora of different philosophies for a holistic approach to your success. Every day we will take one step closer towards your goals. We never digress and are always moving forward mentally and physically. With a strong background in physical therapy and chiropractic, I have the ability to teach you to manage and prevent injuries through various modalities such as strength training, corrective exercises, stability and circuit training, hydrotherapy, and multiple soft tissue and flexibility techniques. With training in SMFR, Gua Sha, Structural Re-integration, sports and medical massage, SMART technique (like ART), cupping, TRX, BOSU, yoga trapeze, aqua therapy and competitive swimming, I will ensure you will not just work hard, but also learn long term behavioral change for lifelong results.

## Experience

Personal Trainer – Since 2005

Massage Therapist – Since 2008

Group Fitness & Aqua Specialist – Since 2004

## Certifications

- ACE Certified Personal Trainer (formerly NASM and ACSM)
- ACE Cycling Instructor Certified
- ACE Aqua Aerobic Instructor Certified
- ARC CPR/AED Certified
- Holy Fire Reiki Level II Certified
- Aaron Mattes Active Isolated Stretching
- CAMTC Licensed Massage Therapist
- ROCKTAPE RockPod & Flossing Certified
- NCBTMB Nationally Board Certified Massage Therapist
- AMTA Oncology, Fibromyalgia, Carpal Tunnel Massage Certified
- Myofascial Integration Structural Technique Certified
- YOGABODY Yoga Trapeze Certified

## Education

- M.A. Student in Counseling, Saybrook University, Oakland, CA
- B.A. in Exercise & Sport Science, Western State College of Colorado, Gunnison, CO
- Center of Rehabilitative Education Massage Institute, Knoxville, TN

## Interests

Mountaineering, yoga, traveling, swimming and paddleboarding with my dog, spending time with friends, live music and dancing.



SAN MATEO  
ATHLETIC CLUB  
AT  
COLLEGE OF SAN MATEO

PROVIDING THE  
EXOS  
EXPERIENCE



Mindset



Nutrition



Movement



Recovery