

Taylor S.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2012

Education & Certifications

- BS in Health and Exercise Science from Colorado State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- National Strength and Conditioning Assoc. - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor
- USA Weightlifting Certification

Hobbies and Achievements

- Raced with USA Cycling
- Volleyball
- DJ
- Skiing
- Playing the Trumpet



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