



# MEET THE TRAINER

Taylor Hacker

## Education | Certifications

Masters in Physical Education  
Bachelors in Health Science  
American Red Cross CPR Certified  
FiTour Personal Training Certification

## Specialties

Cardiovascular  
Strength training  
Motor skills  
Athletics



## Personal Bio | Training Philosophy

I have been a Fitness instructor and training athletes since 2016. I specialize in motor skill development, sport conditioning, and lifetime fitness. I previously ran track, cross country, and played soccer and lacrosse at college level. I'm here to help you create a fitness guide made for you. I promote consistency and comfort with exercising at your own pace.

Telephone number: 740-533-7008

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### **Availability**

**M-Th 4-10**

**Friday 4-7**