

Taylor Lewis

Fitness Philosophy

I believe fitness can be for anyone and everyone! I am here to teach, encourage, and help you find what fitness technique, or techniques, get you to achieving your goals. All aspects of fitness are crucial in living life to the fullest. Working out has amazing physical benefits, but the difference in mentality one can achieve from working out is astounding. I am here to be your guide and to celebrate with you when reaching your goals.

Areas of Expertise and Interest

Expertise:

- Strength training
- High intensity interval training
- Circuit training
- Cardiovascular endurance
- Weight lifting for muscular strength and toning
- Core strength training
- Lifestyle change strategies
- Group Exercise instruction

Fitness Interests:

- Strength and interval training
- Mind body connection
- Group Exercise
- Balance and stability
- Cardiovascular training
- Strengthening muscles for pain reduction in musicians

Education and Certification(s)

Indiana University, May 2021

- B.M in Violin Performance
- Minor in Kinesiology
- American Council on Exercise Personal Trainer (August 2020)
- American Red Cross CPR/AED certified (August 2020)