

Mackenzie Davis



Fitness Philosophy

Growing up around sports and athletics, Mackenzie wanted to fall into a career that followed a similar course. She graduated from University of Maryland in 2019 with a Bachelors in Kinesiology before enrolling at Indiana University to receive her Masters in Kinesiology.

When training with Mackenzie, she likes to focus on mobility and functionality. The body is a well-equipped machine that sometimes experiences "maintenance lights". Mackenzie wants to help you to be able to accomplish your dreams and desires whether that be to feel comfortable navigating in your own home or out in everyday life without any assistance or being a dominate player on the field or court. Everyone is capable of greatness; it's just about the path taken to get there.

Areas of Expertise and Interest

Expertise:

- General Fitness
- Strength and Conditioning
- Balance Training
- Functional Movement
- Senior Fitness
- Stretching and Mobility

Fitness Interests:

- Circuit Training
- Sport-specific Training
- Weight loss/Muscle gain
- General Fitness
- Balance and Stability Training

Education and Certification(s)

Indiana University, May 2023

University of Maryland, May 2019

- B.S. Kinesiology
- American Council on Exercise Certified Personal Trainer
- Red Cross CPR/First Aid Certified