

**HOMETOWN**

Wellsville, NY

EDUCATION

Wilkes Community College
(Medical Assistant)

CERTIFICATIONS

NASM Personal Trainer, PN L1 Nutrition Coach
Health Coach/Life Coach - Buti Yoga Instructor /
Senior fitness instructor

SPECIALTY

Yoga, Strength, Mobility Weight Loss, Hormones

MOTTO

"Everything you ever wanted is on the Other
side of Fear!"

FAVORITE EXERCISE

Deadlifts

AVAILABILITY

Mornings and afternoons, Monday, Wednesday
and Thursday but I am flexible

BIO

Growing up I was always overweight and yo-yo dieted a lot! I finally came to realize it was a mental change I had to do and a fulltime job. I became certified first as a Personal trainer in 2012 and started at the local YMCA in my hometown. I also ran a fitness center at the manufacturing plant where I worked as a buyer. During the next ten years I earned many certifications in group fitness classes and settled on Buti Yoga being my favorite until I recently started teaching Cardio Drumming.



YMCA Personal Trainer
LAURA TAYLOR

We moved to Rural Hall in 2020, my husband's plant closed which was Siemens so he was able to transfer here. I took that time to certify as a Health and Life Coach which changed everything for me and increased my knowledge on how our minds work.

I joined the Y in 2022 and love this location in King and the members. I am now working at completing college to become a Medical Assistant and very excited to learn and help people outside the gym. I've trained many clients in person and virtual and as long as your goals are achievable and you are committed I will give you 100%. I look forward to working with you.