

Hi, I'm Taylor

PERSONAL TRAINER

My belief is that fitness is not a "one size fits all" experience. Every individual has different needs and goals that can be achieved through different avenues of fitness. I believe that true health and wellness is more than how you look; it is also about your physical and mental health, and when you are able to find a balance, that is when a truly healthy lifestyle can be achieved.

It is my true passion to show people that fitness is a way to feel empowered, strong, and reach their full potential.

CERTIFIED
PERSONAL
TRAINER

CERTIFIED
FITNESS
INSTRUCTOR



CERTIFIED
FITNESS
NUTRITION

CERTIFIED
CORRECTIONAL
EXERCISE
SPECIALIST

AREAS OF INTEREST



Instructing



Strength Training



Mobility



Cross Training



Conditioning



Mind Body
Connection

PERSONAL TRAINING PACKAGES

Please email
tdavinamercer@gmail.com
for information on client
packages and pricing.

Sessions	Price
3 sessions	\$165
5 sessions	\$270
10 sessions	\$530
15 sessions	\$795
20 sessions	\$1050
30 sessions	\$1550