

APEX CENTRE PERSONAL TRAINER



“Invest in your health now or be left with no choice but to invest later”

I graduated college in Kansas then moved down to Texas for an internship at Cooper Aerobics Center McKinney. That is where I became more inspired by Dr. Coopers passion for exercise and its effects on the human body. This inspired me to go into personal training. I have been training for 8 years. I have always had a passion for health and fitness starting with my own self-improvement. I set goals and would work to achieve them. The passion for nutrition and exercise, paired with my passion for helping others achieve their goals, inspired me to work in this field. My favorite thing is knowing that as I continue to educate myself in exercise and nutrition, I can pass that knowledge to others and walk through the fitness journey with them. I find joy in walking with people through their fitness journey and celebrating their achievements.

MEET

Taylor Matthews

Certifications and Education:

- Bachelor's Degree: BS Health Promotion
- ACE Personal Training Certification
- ACE Special Population Certification
- ACE Program Design Certification
- FMS Certification- Functional Movement Certification
- CPR, First Aid Certification

Areas of Expertise:

- Weight loss
- Sports Specific Training
- Injury Rehab and Prehab
- Prenatal and Postnatal
- Functional Movement
- Balance and Coordination
- Strength Training
- Nutrition
- High Intensity Interval Training

For inquiries, email Apex-Fitness@MckinneyTexas.org

WWW.APEXCENTRE.ORG

