



TAYLOR INGEBRITSEN

PERSONAL TRAINER

ABOUT TAYLOR

I have trained with Taylor twice a week, for over a year and really enjoyed the variety and challenge she put into the sessions. She is focused on helping me achieve my goals and makes every session challenging and somehow fun. My fitness has increased noticeably and I've seen improvements in my ability to complete more sit-ups/core exercises, lift progressively heavier weights and generally push myself harder throughout each session.

– Srinath Kuchibhotla

I am recently retired and a Vietnam Marine veteran; my aged body has more than a few dings. Taylor really knows how to work with all muscle groups and focus on the areas that really need work. As a result, I lost over 40lb of body fat and was able to cut back on my prescription medicine. She instilled in me an understanding of what it means to live a healthy life and the drive to keep up these new habits we established. She always added a personal side that really showed her honest passion for what she did to help me.

– Robert Gibble

I met Taylor when I decided to hire a personal trainer to achieve greater results. Of course, I had many trainers to choose from. Taylor stood out among the others because she immediately demonstrated that she has a strong personal interest in her clients' goals. She makes herself available 24/7 and is very patient- the perfect trainer for all skill sets.

– Darlene Perry

As a former athlete, I've always had fitness in my life. This has given me a passion for health and wellness that I want to share with other people. I love helping my clients see their full potential. By building strong relationships, my clients can feel comfortable realizing their weaknesses and grow from them.

I believe fitness and health need to be a priority in order to promote overall well-being and longevity. Teaching my clients about exercise and nutrition is not only fun, but also rewarding for me as a trainer. I love getting people excited about fitness and helping them feel good about themselves.

I match your goals with a safe and effective program that will adhere to you and your body. With my passion and encouragement, I help clients reach goals they never thought were possible.

My Motto: Believe you can and you will!

Qualifications

- **B.S. in Exercise Science** – Eastern Washington University (2015)
- **NSCA- Certified Personal Trainer**
- **Certified by Precision Nutrition**
- **Yoga Fit Certified Instructor**

