

Liam

Certified Personal Trainer

About Me:

My name is Taylor Barry, and I am a Detroit Native, Taylor University (Indiana) alumna, and currently in my second year as a Doctor of Physical Therapy student at Washington University.

I grew up playing competitive soccer, ran cross country, and have lived a very active lifestyle. I believe that movement is a vital part of life and finding a way to incorporate it into our busy lifestyles in a sustainable way is a key to staying healthy. Further, I believe nutrition is vital to support your body in reaching its optimal potential. With this belief, I have trained all ages and abilities to set, meet, and sustain realistic goals and having fun while doing so.

I have experience teaching group work out classes for both adults and kids. During my undergrad studies, I helped do programming for a children's workout curriculum, as well as volunteered as a trainer for stage 3 cardiac rehab patients.

Lastly, I love reading, coffee, travel, and dogs, so ask me about any of those things and we will be great friends.



Education & Certifications:

NASM-CPT
Doctor of Physical Therapy Student
Bachelor of Exercise Science

Availability:

Early mornings, evenings,
weekends.