



Jacki Taylor

Personal Trainer

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A.F.A.A. Certified Personal Trainer

A.F.A.A. Certified Pre and Post Natal Trainer

Fitness Orientation Trainer (weekdays)

Personal Statement: "As a mother who gained over 70 pounds while pregnant with my sons, I realize the value of and desire of exercise, while understanding the multiple commitments and lack of time. I encourage you to use fitness and personal training as 'Mommy' time. It has a fabulous ripple effect that will improve the quality of your life and that of your family."

My clients will learn how to:

- Set realistic goals and reset when necessary
- Keep motivation high by varying exercise program from day to day
- Exercise independently
- (Post-natal moms)- exercise Safely in the club and at home during this busy time with a new baby