



**METROWEST YMCA**

## **Personal Trainer: DELANEY TAYLOR**

### **Education & Certifications:**

- **National Personal Training Institute**
- **NASM Sports Performance Training Coach and Senior Fitness Specialist**
- **Certified Nutrition Coach**
- **CPR/AED certified**

**Experience:** Delaney is a personal trainer and coach who has been passionate about sports and fitness all her life. She tries to incorporate a variety of fitness activities into her energetic workouts to keep them exciting. She feels most fulfilled when seeing the satisfaction people feel when achieving their fitness and nutrition goals.

**With 30 years in the fitness industry, Delaney has taught a variety of classes including cardio dance (aerobics), Tabata bootcamp, fat blaster, circuit and HIIT, kettle bell, TRX, cardio kickboxing, rebounding (trampoline) classes, step, muscle conditioning, spin, active senior aerobic/strength training classes, and indoor/outdoor bootcamp.**

**Delaney's favorite quote: "Change your foods...Change your life."**

**Activities/Hobbies/Interests:** Strength training, running marathons, playing golf, volleyball, hiking, and road racing all over New England.

**Ready to get started? Fill out this form:**

**Personal Training Interest Form**