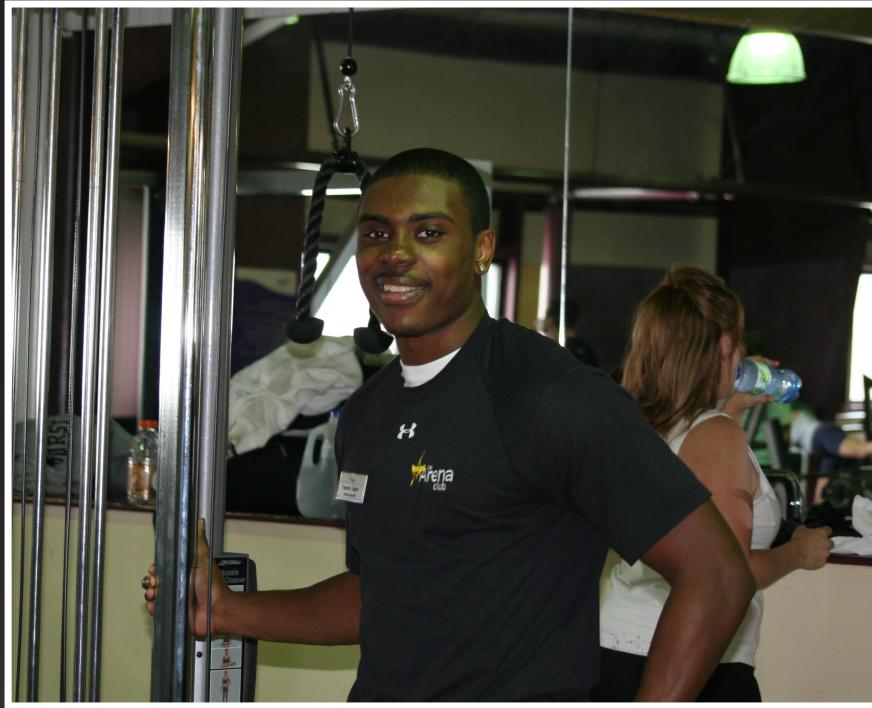


THERON TAYLOR

CPT
Certified Personal Trainer



Education & Certifications:

NSPA Certified Personal Trainer

Currently working on Bachelors in Business Management.

Dance Experience:

4 total years of dancing, 2 ½ years of which were competitive. Dances for the Harford Dance Theatre, choreographs dances and competes with a professional team in Delaware. Has competed in a world competition, and appeared on MTV's Super Sweet 16 as a dance performer.

Specialty:

High intensity training, sport specific training, conditioning and training for increase balance and flexibility. Dance instructor.

Philosophy:

Helping one achieve goals by pushing and motivating them to their limit, so in the end the reward is worth it.