

## PERSONAL TRAINER PROFILE

# Corey Taylor

### How do you book me?

Email: [corey16taylor@outlook.com](mailto:corey16taylor@outlook.com)  
or ask at reception for my details.



### Strength | General Fitness | Football Coaching

#### My Qualifications

Personal Trainer  
Level 3

Gym instructor  
Level 2

The FA –  
Introduction to  
Coaching Football  
Award

BTEC Level 3  
National Extended  
Diploma in Sport  
and Exercise  
Science

#### About me

Hey, my name is Corey I am a personal trainer experienced in various areas of the fitness industry.

One of my many passions is to help people change and improve their lives in the most efficient and effective way. I am currently a semi- professional ice hockey player and have been involved in fitness and sport for over a decade now. Personally, I have used exercise to effectively manage and support my own mental health difficulties and I believe it is vital to build this into your life along with having goals to work towards in achieving good all-round wellbeing.

I am a supportive, encouraging and an inclusive coach and can use my skills to work with all clients.

Whether your goal is to lose body fat, increase your general fitness, improve your mental health or to excel as an athlete I can provide optimal training to help you to achieve your goals.

Together we can create a plan that looks at where you are now and where you want to be. I can support you on your journey to begin, improve or excel with your fitness.

I'm regulated by:

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Member number 35366

let's do  
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