

Meet the Trainer

Chris Taylor



Age: 31

From: Kingston, OK

Training Area: HIIT, Bodybuilding, and CrossFit.

Certifications/Education: Bachelors in Health and Human Performance from OSU. L1 in CrossFit

About me: I loved sports growing up but developed a passion for training and teaching in the last five years. Outside of exercising, I have many hobbies including gaming, collecting and playing my guitar.

Did you know? I have worked for the Nation for over 10 years.

Use link to set up following:

- Fitness Consultation
- Fitness Evaluations
- Personal training may be set up with a personal trainer after consultation

Dependent upon openings

<https://durantwellnesscenter.as.me/schedule.php>



Choctaw Nation

Wellness Center