

# TAOS SPA & TENNIS CLUB



## Elliot Paynter

Ace Certified Personal Trainer

Bachelor's Degree in Human Performance and Sport

Master Degree in Human Performance and Sport (May 2022)

Schwinn Certified Indoor Cycling Instructor

I am intrigued by the mind-body connection and the power of learning how to move joyfully, skilfully, and efficiently. I enjoy sharing my knowledge and experience with others so they too can feel confident and strong through mindful movement.

Exercise can be fun! LGBTQIA+ is always welcome!