
ADNERIS MARIE GILESTRA-TAYLOR

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**Strong Mind Strong Body,
by Marie**

www.SMSBbyMarie.com

Profile

Marie's Training provides focused, structured and customized attention to detail often missing from other health/fitness programs. Understanding that each of her clients has individual goals, circumstances and restrictions, she develops training programs customized to their physical needs, level of strength and personality. With a focus on anatomy and physiology, Marie delights in bringing a refined level of expertise to each client.

Experience

Exercise Physiologist/ Personal Trainer

President, Strong Mind Strong Body, by Marie, Inc. — 2008-Present

Create and implement different health and fitness programs as well as post-rehab with clientele of all ages with a focus on Geriatrics. Responsible for all the accounting, marketing and book keeping for the company. Offer training specialties including but not limited to:

Functional Training	Joint Mobility, Flexibility and Postural Alignment
Joint Replacement Post-Rehab	Cognitive Function
Cardiovascular Training	Balance Training

Strong Mind Strong Body, by Marie has been contracted by private clients for at home calls as well as at different places like The Players Club & Spa in Lely Resort since 2008 and Winding Cypress communities since 2017 in Naples, FL

Have developed a diversity group of classes designed for the demographics of the local area including Indoor Cycling, TRX Suspension Training, Let's Have a Ball! (to improve Cognitive Function), Power Hour and its original, Posture & Flexibility amongst others.

Participated with the ARMY, National Guard in a pilot program in Smyrna, TN helping recruits pass their PT test in order to be able to be deployed.

Exercise Physiologist/Personal Trainer, The Ritz Carlton, Naples, FL - 2009-2013

Assisted clients by developing health and fitness programs based on their needs and wants. Also, was able to teach group classes such as Indoor Cycling, Beach Bootcamp, TRX as well other programs.

Exercise Physiologist/Personal Trainer, The Sports Club LA/Irvine, Irvine, CA - 2000-2002

Exercise Physiologist/Personal Trainer, Gainesville Health & Fitness Center, Gainesville, FL - 1998-2000

Education

University of Mississippi, Oxford, MS 1998 - Bachelors in Exercise Science

Degree with a focus on Anatomy and Physiology

Certifications

ACSM Exercise Physiologist

Gray's Institute, Foundations of Human Movement

TRX Suspension Training

Spinning, Indoor Cycling

ARMY Tactical Training

Other Accomplishments

Oxygen Magazine's May 2010 Issue, "Future of Fitness".

2012 Finalist for the highly accredited EAS Impact Award.

Core, Full Body & Balance Workout DVD and Training cards 2011.

Push 4 Troops Charity Event where \$139,000 were raised.
