



INTRODUCING

Taryn Miller
Group Fitness Instructor
Rowing Coach



As rowing becomes an increasingly popular choice in the gym and a low impact option for physical fitness tests, I know just how beneficial proper instruction can be to achieving your goals. Rowing has been my greatest passion in life for over 20 years. Having been both a division I rower and coach, I look forward to sharing my knowledge with this community! I've been working in the fitness industry for over 10 years and love the health benefits that fitness with a supportive community can have.

EDUCATION & CERTIFICATIONS

- American Council on Exercise (ACE) Certified Group Fitness Instructor
- Foundations of Strength and Conditioning at the Y (presented by ACE)
- American Red Cross Basic Life Support

Stuttgart Sports & Fitness

Panzer - Patch - Kelley - Robinson

stuttgart.armymwr.com