



# Anthony

## CERTIFICATIONS:

AFAA Certified Personal Trainer  
Boot Camp Instructor

## Personal Information:

I am a kinesiology major with a background in high school and collegiate athletics. I am currently working on my CSCS and I'm working alongside the UNT strength coaches to train athletes involved in various sports. I have a passion for fitness and performance, and my own unique way of training. My workouts are challenging, but they are exciting and will produce results (if you stick with it). I can work with any fitness level. You never know how far you can really go until you actually push yourself! My interests include football, weightlifting, Jesus Christ, family, music, reading, and Eagle Powerlifting.

## Motto:

"There may be people that have more talent than you, but there's no excuse for anyone to work harder than you do." – Derek Jeter

Please stop by the Rec Sports office for more information about Personal Training!



FOR MORE INFORMATION STOP BY THE REC SPORTS OFFICE, CALL 940-565-2275 OR 940-369-8347, OR VISIT [WWW.UNT.EDU/RECSports](http://WWW.UNT.EDU/RECSports)

UNT Rec Sports

THIS DEPARTMENT FOLLOWS THE GUIDELINES OF THE AMERICANS WITH DISABILITIES ACT. IN ACCORDANCE WITH THIS ACT, WE REQUEST PATRONS WITH SPECIFIC NEEDS CONTACT OUR OFFICE AT LEAST 72 WORKING HOURS IN ADVANCE SO THAT WE CAN MAKE APPROPRIATE AND REASONABLE ARRANGEMENTS TO MEET YOUR NEEDS.

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