



Chris

CERTIFICATIONS:

*AFAA Certified Personal Trainer
Fitour Certified Personal Trainer*

Personal Information:

Chris enjoys powerlifting, strength training, and martial arts. Additionally, Chris is a military veteran and served in the U.S. Marines.

Motto:

“The pain you feel today will be the strength you feel tomorrow.”

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



UNT Rec Sports

**FOR MORE INFORMATION STOP BY THE REC SPORTS OFFICE, CALL
940-565-2275 OR 940-369-8347, OR VISIT WWW.UNT.EDU/RECSPORTS**

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.

UNT
REC SPORTS