



Greg

CERTIFICATIONS:

AFAA Certified Personal Trainer

Personal Information:

I plan to continue my education after undergraduate school by getting a master's degree in Kinesiology, with an emphasis in exercise physiology. I plan to use my degrees after college to work in the Allied Health rehabilitation field. It is my belief that every person should be the best possible version of themselves; this is the philosophy that I take into my personal training style. It is my goal to make you a holistically healthier individual. I find fitness and health very interesting and fun, but more importantly I take great pride in helping others achieve their goals. Even though I have a personal love for fitness I believe it is my ability to help and care for others that makes me an effective trainer. I have special interest in toning, weight loss, powerlifting, sports, and most importantly learning.

Motto:

"Some people want it to happen, some wish it would happen, others make it happen."

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

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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