



Kitty

CERTIFICATIONS:

AFAA Certified Personal Trainer

Personal Information:

I have always loved running, but my passion for running and working out has grown in the past few years. I participate in many 5ks every year and am in training for my first half marathon. Helping others reap the physical, mental, and spiritual benefits of a good workout is very important and something I take great pride in.

Motto:

"Let your life be your motivation."

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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