



Kristen

CERTIFICATIONS:

AFAA Certified Personal Trainer
AFAA Group Exercise Instructor
Zumba® Certified Instructor
Piloxing® Certified Instructor
Dynamax Medicine Ball Trainer
Turbo Kickboxing Instructor
Schwinn Cycling Instructor

Personal Information:

I have always been in love with fitness. I started by playing sports such as volleyball and soccer. I cherish a good run and am thankful for the heart, legs, and lungs to keep me running. I take every opportunity that is given to me to expand my world of exercise. I'm very diverse when it comes to physical fitness. I'm skilled in many areas including, cardiovascular conditioning, muscle conditioning, and flexibility training. I'm a Converged Broadcast Media Major and I hope one day to be a Health Reporter and Fitness Correspondent for a Morning Show.

Motto:

“Peace, Love, Sweat!” “Sweat Is Beautiful”

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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