



# Tyler

CERTIFICATIONS:

*AFAA Certified Personal Trainer*

## Personal Information:

*Tyler specializes in muscle gain, weight loss, strength gain, and toning. He also has experience with contest preparation, boot camps, circuit training, bodybuilding, and Pilates.*

## Motto:

*"The greatest results for a person's efforts is not what they get for it, but what they become by it."*

*- John Ruskin*

*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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