



Inna

CERTIFICATIONS:

AFAA Certified Personal Trainer
AFAA Group Exercise Instructor
Schwinn Cycling Instructor
Turbo Kickboxing Instructor

Personal Information:

Hello, my name is Inna and I am a Doctorate Candidate at College of Music. Fitness is a big part of my life. I have over 5 years of fitness experience with emphasis on Group Fitness, Cardiovascular Enhancement, Weight Loss, General Health and Fitness. My certifications includes: AFAA Primary Group Exercise, Personal Training, Step, Turbo kickboxing, Cycling, CPR, and First Aid certifications. As a personal trainer I try to find work-outs that are specific to individuals depending on their goals and concerns. I love helping others achieve their goals.

Motto:

“You will conquer by patience”

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.

UNT
REC SPORTS