



Brooklyn W.



CERTIFICATIONS/EDUCATION

ACE Certified Personal Trainer

Bachelors of Arts in Psychology and Communications

Collegiate softball player for four years

Pursuing Masters of Kinesiology with a Sports Psychology focus

TRAINING PHILOSOPHY

I use a holistic approach, meaning that I believe fitness is involved in all aspects of life, not just in the gym setting. Training should be a fun and enthusiastic place that builds confidence and happiness for years to come. I am a people-oriented person and I want everyone to leave here feeling 1% better than when they came in, whether it is physically, mentally, or emotionally.

MOTTO

Showing up is the hardest part.



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