



Maddie

CERTIFICATIONS

AFAA-Certified Personal Trainer



PERSONAL INFO

My name is Madison Comstock and I received my certification through AFAA, Athletics and Fitness Association of America. My goal goes beyond helping and encouraging you to reach your fitness goals. My goal is to teach and help my clients understand the importance of exercise, become knowledgeable in the gym and create an enjoyable workout atmosphere. I not only want my clients to reach their fitness goals whether it be losing weight, toning their body or becoming stronger, but I also want them to learn their way around the gym and equipment and become comfortable and confident using these machines and free weights. I believe each and every individual deserves access to an environment of health and wellness in order to maintain the wellbeing of their body, mind and soul. It is my passion to serve and assist others while helping to improve each and every individual's quality of life by bettering physical wellness and I would love to help you reach success on your fitness journey.

MOTTO

"Do something today that your future self will thank you for."



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