



Lola

CERTIFICATIONS:

AFAA Certified Personal Trainer

Personal Information:

I'm Lola George. I study journalism and kinesiology at the University of North Texas. As a former cheerleader and soccer player, I enjoy physical activity and fitness—specifically cardio and conditioning. I aspire to become a fitness writer for a publication such as Shape, SELF or Fitness magazine. I want a career dedicated to promoting fitness and health in everyday life. And as a full-time student, I know how hard it can be to find time for fitness. That's why I'm here to help! In my free time, I enjoy writing, social media, being active, following sports teams, shopping and taking selfies. I like to put the "IT" in FITNESS!

Motto:

Strive to be the best version of yourself.

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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