



# B.J.

## **CERTIFICATIONS:**

*Cooper Institute-Personal Training*

## **Personal Information:**

*I recently received my Bachelors of Science in Kinesiology from UNT. I give my clients 100% of me. I am well versed in cardiovascular training and resistance training. I have had a lot of success with clients in weight loss and muscle gain. I am also trained in boxing and have had multiple fights. I like to play football in my free time and was on my High School Wrestling team.*

## **Motto:**

*“The only way a plane takes flight is against the wind”*

*Please stop by the Rec Sports office for more information about Personal Training!*



UNT Rec Sports

**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)**

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**