



Kera

CERTIFICATIONS:
ISSA Certified Personal Trainer

Personal Information:

Hi, my name is Kera Rezac, and I am an ISSA certified personal trainer. I am extremely passionate about everything involving fitness, and wanting to help people achieve their fitness goals, no matter how big or small. I played sports all throughout high school, and I have a very diverse knowledge in strength training, weight loss, and marathon training as well. Whatever you're choosing personal training for, I know that together, we can get you to any point that you are striving to be at. I would work to set up workouts that would be specific to your training, and workouts that would be unique, fun, but push you to points that you never even thought possible.

Motto:

"It hurts now, but one day it will be your warm up."

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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