



# Arie

**CERTIFICATIONS:**  
*NASM Certified Fitness  
Trainer*

## **Personal Information:**

*My passion for fitness and overall wellness stems from my passion for people. I have had a wonderful journey through fitness from being a competitive dancer, to Zumba instructor, to now NASM certified personal trainer. I have seen how fitness can change lives and give people the freedom to chase whatever their life goals are. Fitness is a lifelong journey and takes community and commitment to make the journey even sweeter.*

*Currently as a Dance Major, a Personal trainer, and a Group Ex Instructor I am always engaging with people. Whether it is through dance class or in the weight room, people are my priority. My life has kept me well rounded so I am able to work with many different personalities and I love finding new ways of working out. So I continue to learn more about this ever-changing fitness world to bring you the knowledge you need to be successful.*

*I cannot wait to see you reach your goals, become passionate about your health, and have a new outlook on what your workout can be!*

## **Motto:**

*We train not for each goal, but so every year is better than the last.*

*Then our glory days are not a memory, rather a current mentality.*

**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/RECSPTS](http://WWW.UNT.EDU/RECSPTS)**

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**