



Chad

CERTIFICATIONS:
ISSA-Certified Personal Trainer

Personal Information:

Hi my name is Chad Williams and I am a Kinesiology major at UNT. I am an ISSA Certified Personal Trainer and have helped several clients reach their fitness goals. My training specialties include strength and weight loss training. I am always looking to help my clients be the best they can be on a daily basis and helping them reach goals they did not think were possible. If you give me 100% I'll give you back 200%.

Motto:

“Fitness is not about being better than someone else... it’s about being better than you used to be.”

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

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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