

# ***Raymundo***

## **Certifications:**

**Cooper Certified Personal Trainer**



## **Personal Information:**

**Hi, I am Raymundo Castorena and I believe fitness and exercise should be an essential part of everyone's life. Growing up I always played sports and stayed active, but as I grew older I realized I had less time for team sports so I started to focus on weightlifting and strength training. I specialize in resistance training and weight loss, and want to help my clients become the best version of themselves. I work hard for my clients and want their experience to be the best I can provide for their specific needs. The first step to change is taking the initiative to make it happen. Let me join you and help you reach your fitness goals.**

## **Motto:**

***Motto: "A river cuts through rock, not because of its power, but because of its persistence."***

***-Jim Watkins***



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