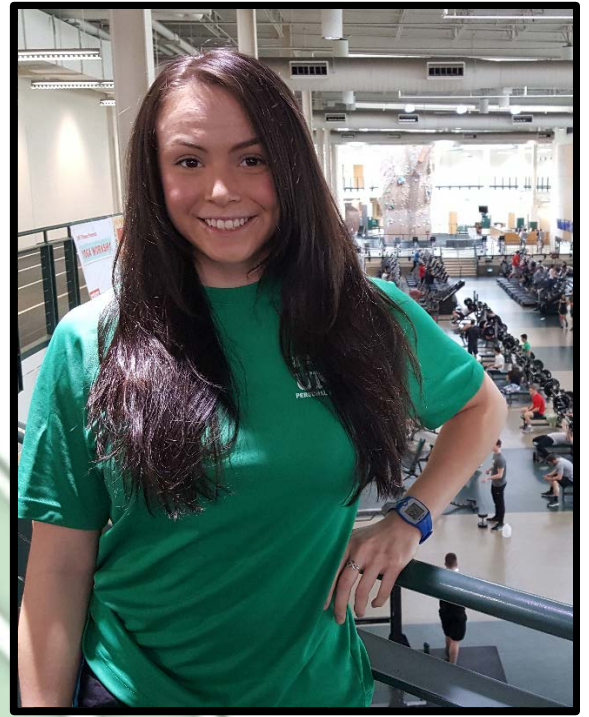


RAQUEL

Certifications:

Cooper Institute-Certified Personal Trainer



Personal Information:

I am currently a senior pursuing my Bachelor of Science in Kinesiology and Pre-Allied Health. I would consider myself to be an athlete since I used to compete in a wide variety of sports. A few of my favorite sports are volleyball, tennis and track. More recently I picked up body building, yoga and functional fitness. Health and fitness is my passion, and I can't wait to help anyone who needs guidance, motivation and accountability to reach their goals. Whether it is building muscle, losing weight, event training or just to be healthy, I am here for you!

Motto: "Just keep swimming." -Dory

Fitness is not about being better than someone else... it's about being better than you use to be.



940•565•2275
940•369•8347
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