



# Adrienne P.

## CERTIFICATIONS/EDUCATION

NASM – Certified Personal Trainer

ARC CPR/AED/FA

Pursuing a Bachelor's degree in Music Education and Clarinet Performance



## TRAINING PHILOSOPHY

Fitness has a place in the life of every person; the journey is discovering what works best for you. I spent over half of my life competitively swimming, putting hours and hours into the pool. Soon after beginning college, I realized the importance of structured exercise on my own — not only for general health, but as a keystone habit for overall well being and happiness. I soon fell in love with group exercise and weightlifting. As a group exercise instructor and personal trainer at UNT, my goal is to help you discover your place in the fitness world, push you to reach your goals, and always leave you with a smile on your face.

## MOTTO

“In a gentle way, you can shake the world.” –Mahatma Ghandi



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