



Personal Training Information Sheet

The Personal Trainers at the University of North Georgia are ~~to~~ instruct beginning, intermediate, and advanced exercis~~ers~~ the proper techniques and habits that will help them ~~reach~~ their desired fitness goals. Our trained staff will provide fitness programs ~~tailored~~ to your specific needs that will help yo ~~increase~~ your fitness level. They will ~~assist~~ this process by establishing reachable and ~~realistic~~ goals, providing motivation, and educating you in various aspects of fitness training.