



## 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 the~~m~~ reach their desired fitness goals. Our trained staff will provide fitness program~~s~~ tailored to your specific needs that will help yo~~u~~ increase your fitness level. They will ass~~ist~~ this process by establishing reachable and realistic goals, providing motivation, and educating you in various aspects of fitness training.