

# Personal Training Information Sheet

The Personal Trainers at the University of North Georgia are here to instruct beginning, intermediate, and advanced exercisers in 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 you increase your fitness level. They will assist in this process by establishing reachable and realistic goals, providing motivation, and educating you in various aspects of fitness training.

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