

WEINSTEIN JCC Personal Trainer Profile



Hometown:
Richmond, VA

Education, Experience and Certifications:
Graduate of VCU, Crossfit Level 1 Trainer,
ACE Certified, CPR and AED Certified

Philosophy...
Work on your weaknesses until they're strengths.

What I look for in a personal training client...

I want to train anyone who is willing to work hard and get outside of their comfort zone.

In my free time I enjoy...

Working out, playing video games, chilling with my dog and traveling.

A word that describes me...

Reasonable



Training Availability:
By appointment



Contact Alex at:
804-318-6127 or alexturley@me.com