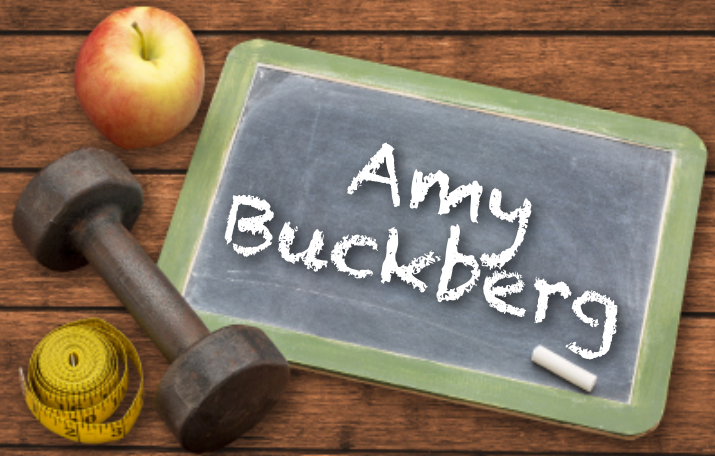


WEINSTEIN JCC Personal Trainer Profile



Hometown:
Richmond, VA

Education, Experience and Certifications:

UVA graduate, Bachelor Degree in Education
UR graduate, Master's Degree in Sports Management
AFFA Personal Trainer
Mad Dogg and AFAA Spinning Instructor
Tabata Bootcamp Instructor



Philosophy...

Success doesn't just happen, you make it happen.

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

Everyone has their own strengths and weaknesses. I believe that everyone has their individual fitness and wellness goals and enjoy helping each individual strive towards their own success.

In my free time I enjoy...

Spending time with my family, exercising, biking and playing tennis. I also enjoy spending a lot of time watching my children's sporting activities.

Training Availability:
Mon-Fri 8am-2pm
Sundays

A word that describes me...

Dedicated



Contact Amy at:
804-317-3855 or 4buckbergs@verizon.net