

WEINSTEIN JCC Personal Trainer Profile



Hometown:
LaPlata, MD

Education, Experience and Certifications:

VCU Graduate, Bachelor of Science in
Public Relations
AFFA Certified Personal Trainer
Certified in First Aid/CPR/AED
Personal Training, Running Coach &
Group Exercise experience



Philosophy...

Do what you love, and love what you do.

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

I am looking for motivated clients who are willing to try new things and let themselves reach their own potential.

In my free time I enjoy...

Running, working-out and following my favorite sports teams

A word that describes me...

Energetic

Training Availability:
Monday-Sunday
All times available



Contact Jason at:
804-433-7893 or jford@weinsteinjcc.org