



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Personal Trainer

THE Y @ WABTEC

**JUSTIN**

**ACSM Certified  
Exercise Physiologist  
BS in Health & Physical  
Education**

**Minor in Human Performance**



Justin is a certified Exercise Physiologist through ACSM, with a Bachelor's Degree from Edinboro University in Health and Physical Education: concentration in Human Performance. Justin holds additional certifications in TRX, Group Exercise through ACE, and is CPR/First Aid trained. Justin has been a personal trainer for many years. He is well-rounded and knowledgeable in both fitness and nutrition.

When Justin isn't training, he enjoys obstacle course races, playing soccer, and spending time with his family! He is passionate about helping his clients achieve their personal goals and looks forward to working with new clients.