

JASONE JUSTICE

CPT

Certified Personal Trainer



Education & Certifications:

NSPA Certified Personal Trainer
Tumbling Instructor for over 10 years
Girls' Basketball Coach at Harford Tech

Specialty:

Sports-specific training, general health improvement, and one-on-one and group training.

Philosophy:

Being fit and healthy is a lifestyle. It is achieved through hard work, dedication, and a strong mind. You must change your old habits to get new results!

