

Testimonials

“...At the age of 50, I decided to get my first personal trainer, and Justine Moore was the perfect choice. My body has never looked so good! Justine doesn't just push her own "ideal body" agenda on you; she considers your goals, your body, and your limitations and creates a program just for you. And when I say "create" I mean it. She looks at you like you are clay and she is there to help you sculpt yourself into art. There is no one else like her! She is a smart, fun and caring person whom I looked forward to seeing despite the hard work I knew was ahead!”

M Bacharach, Former Client

“...The precision in which Justine worked with my body was off the charts. I achieved more with her in 10 months than I had in 5 years with my previous trainer. She taught me to feel the actual muscle that was being worked so I can work out on my own with confidence, poise and power. I have kept myself in shape, on track and love my routine...”

—Kay Marie Lim, Former Client

“...Justine Moore is the most fun taskmaster I ever had! We did a dual training session with another friend in her carpeted basement and it was a blast. I've never worked so hard in my life and enjoyed it so much. She knows how to get you in touch with parts of your body you didn't know you had and pushes you just the right distance. Enjoy yourself AND get positive results — sweet!”

—Tracy Larkins, Former Client

“...Being a trainer myself, I am always observing how other trainers are interacting with their clients and what they are teaching. I refer clients to Justine because I trust her wholeheartedly and know that whomever I send to her will see great results with their weight loss and exercise goals. Justine and I have been co-workers and friends for quite some time and I am always amazed at how creative she is with her exercise program. She always has a new thing to teach which makes her workouts interesting and always challenging. She is a person who is highly knowledgeable, experienced and genuine: She truly cares about people and it shows...”

—Deena Russo, Personal Trainer