

"Re-shaping America One Body At A Time"

~ Laura Lipinski

JT IS THE FUTURE OF FITNESS



JT is a unique and amazingly accomplished individual in the field of personal training and overall wellness instruction. With more than 30 years of quality fitness training and enriching the lives of countless students, clients, groups and communities with his message of healthy living, JT is a true spokesperson for the fitness revolution.

A certified personal trainer with the American Council on Exercise for more than 15 years, JT believes personal growth and wellness can only be achieved if an individual is willing to commit to respect the body, to work hard and to embrace the benefits of body building, personal training, fitness exercise and strength training. The American Council on Exercise is the largest nonprofit fitness certification and education provider in the world. Widely recognized as "America's Authority on Fitness," ACE continually sets standards and protects the public against unqualified fitness professionals and unsafe or ineffective fitness products, programs and trends.

The Voice of Fitness

"My objective is to create Ambassadors for fitness. Since time is the constant primary factor influencing the integrity of the skeletal and muscular structure, we must exhaust every possible aspect of exercise to prevent its compromise."

~ John Thomas (JT)

JT is an elite and distinguished graduate of the Military Master Fitness Trainer Academy of the United States. Earning honors and recognized as the Most Physically Fit by the Military Fitness Academy, JT is regarded as a Master Fitness Trainer. A point of great pride for JT, he also earned a Coaches Certificate from Special Olympics International in the division of weight lifting.

JT's goals and objectives are to lead a battle, a war against all that leads to people growing lethargic and inactive, which ultimately creates all sorts of health-related issues, including obesity, diabetes and heart disease - that impact the performance of our society as a whole. JT's dedication and commitment to overall wellness is a fundamental element of his own core.

His motto, which was written down by JT many years ago, continues to drive his non-stop ambition for success in helping people feel better and live longer, healthier lives: