

JOE KASUSKA

Joe Kasuska is an Athletic Training student with a concentration in Pre-med at George Mason University. His Personal Training certification is from the National Academy of Sports Medicine (NASM) and he is currently pursuing other certifications in the fitness field. Although his career as a personal trainer officially started in May of 2016, his experience in fitness and athletics began much earlier. Along with participating in multiple sports when he was younger, Joe has since been a coach of multiple sports. His personal training specialty aligns with athletics and peak performance. As an athletic training student, he has over 300 hours logged working with high school and college level athletes in a clinical setting. He enjoys working with athletes and anyone who has the motivation to work towards lifelong fitness.

His favorite types of workouts include fast paced stability, core, and power workouts. Some common examples would be Tabata, circuits, and High Intensity Interval training. These types of workouts open the door for balanced muscle growth, toning, and a taste of cardiovascular training.

Whatever your goal may be, Joe is very excited to help you reach it!

