



*“Training veteran Greg Justice didn’t just get in on the leading edge of an emerging industry 20-some years ago, he helped create it. Opening the first personal training studio in Kansas City, Justice has, over the years, laid the groundwork for countless others to follow.*

*Being a trailblazer, however, takes a willingness to plow into the thicket of uncertainty. It means forging ahead with nothing but faith. As one of the true leaders of the personal training industry, Justice now has the benefit of hindsight and the insight of experience, both of which he eagerly offers up to the hundreds of trainers he has mentored.”*

- Shelby Murphy

Personal Fitness Professional magazine, Journey to Success, May 2009

**Greg Justice, MA** opened AYC Health & Fitness, Kansas City’s Original Personal Training Center, in May 1986. He has personally trained more than 40,000 one-on-one sessions. Today, AYC specializes in corporate wellness and personal training.

Greg holds a master’s degree in HPER (exercise science) (1986) from Morehead State University, Morehead, KY and a bachelor’s degree in Health & Physical Education (1983) from Morehead State University, Morehead, KY. Greg is also an AFAA certified personal trainer (CPT).

He has worked with athletes and non-athletes of all ages and physical abilities and served as a conditioning coach at the collegiate level. He also worked with the Kansas City Chiefs, during the offseason, in the early 1980’s.

He has been actively involved in the fitness industry for more than a quarter of a century as a club manager, owner, personal fitness trainer, and corporate wellness supervisor where he worked with more than 60 corporations. Greg writes articles for many international publications and websites including Exercise & Health, IDEA Fitness Journal, American Fitness Magazine, Protraineronline.com, Fitcommerce.com, Personal Trainer University, and has a monthly column called “Treadmill Talks” in Personal Fitness Professional (PFP) magazine. He has authored a book titled “Lies & Myths about Corporate Wellness” and has been a contributing author for two other books. He currently serves as the President of the Association of Professional Personal Trainers (APPT).

Greg was an adjunct professor of exercise science at Avila University and currently serves on the faculty of Personal Trainer University. He mentors and instructs trainers interested in Corporate Wellness through his Corporate Boot Camp System class. He developed this course because of the need of CEOs and HR Professionals for achieving a means of positive, effective, and lasting change toward more healthy and productive employees. His system is tested and proven and combines the three major areas that business needs to address if they are to see a return on their employee benefits investment.

