

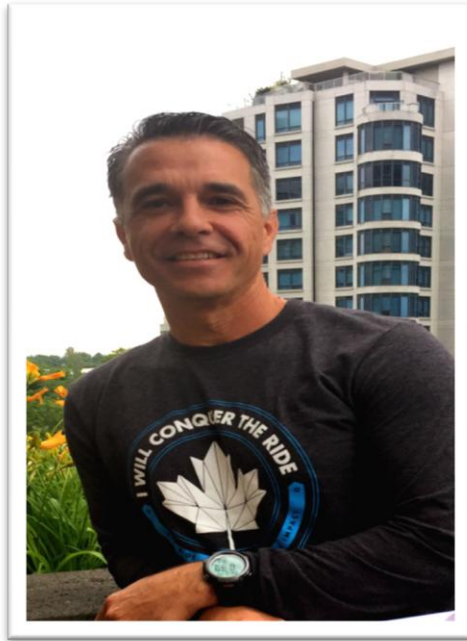
Personal Training

Get Started. Joe can guide you down the path to fitness by creating a specific exercise routine for you.

Learn proper technique and form. If you're not doing exercises the right way, it can lead to injury that can sideline you. By doing them right, you're staying safe and also getting the maximum benefit from your workout.

Achieve your goals. If you've always wanted to improve your strength, balance, flexibility and endurance, or just be a healthier person, but you haven't quite been able to get there on your own, Joe can help keep you on track.

Call Joe Moniz, Recreation Director, for an appointment. 416 503 3332 ext 2218



**Joe Moniz, BA, Psyc. PTS
Personal Trainer
Recreation Director, Hearthstone by the Bay**

