

FITNESS

THE GYMS

The moment you step into the Joe, you'll understand that our facility isn't just a gym – we are the total fitness experience you've been looking for. Our leading edge equipment and energized staff together in a bright, multi-purpose facility will motivate you to new levels of personal fitness and health.

Need variety? We have a huge variety of equipment to suit your every need. We have 5 treadmills, 3 cross trainers, lifecycles, rowing machines, recumbent bikes, stationary bikes, summit machine, universal and many free weights. Our women's gym houses its own cardio area as well as hydraulic stations and many new weight stack machines to work your muscles.

Plus! Each gym has multiple large screen overhead TVs for complete personal choice entertainment while working out. And our digital sound system will take your workout to the next level with music that motivates you to move!



Reminders

- With a membership, ladies are entitled to use both the women's gym and the co-ed gym. Enjoy all our fitness centre has to offer!
- With the purchase of an annual fitness or complex membership all members are entitled to have a program developed by Celine at no additional cost. Call her at 567-5215 to set up an appointment.



PERSONAL TRAINING

People who feel good about their bodies present themselves in a way that makes you take notice. Their confidence shows and often carries through to other areas of success in their life. Whether feeling good about your body means losing 10lbs, being able to compete in a triathlon, or simply feeling more energetic and alive, personal training will put you on course to achieving the fitness lifestyle you desire.

Our personal training team specializes in results! The Joe's exceptional personal trainers will take your fitness experience far beyond what any general exercise program could ever achieve. The Personal Training Staff are educated, certified professionals that you can trust to help you reach your fitness lifestyle goals.

Our Personal Trainers will work individually with you to help you get the results you want whether they are weight management, strength building, recovery from injuries, or stress reduction.

Our fees for Personal Training are as follows:
One session - \$31.62
Three sessions - \$85.68
Six sessions - \$161.16

**Motivation is what gets you started.
Habit is what keeps you going.**



Celine Bourque has been employed as Fitness Coordinator for the Community Complex since 2007 and has been teaching fitness classes and offering personal training for the past 17 years. Celine has represented Kirkland Lake on cross country bike marathons for Kids With Cancer and has competed in many provincial biking, swimming and running events. She loves to share her knowledge and inspire others to take their fitness to the next level. She is inspired to open up the world of fitness to beginners and will ensure each and every person finds the best program for their individual wants and needs. Celine is certified with both Can-Fit-Pro and the Ontario Fitness Council as a Personal Trainer and has training and certification in the following which she integrates into her programs where applicable: Twist Sport Conditioning Level Two, TRX Training, Pre and Post Natal, and Nutrition and Wellness.



Renate Fournier-Belanger is a competitive body builder, group fitness instructor, cross country and mountain bike racer. Renate has over 20 years of experience in the field of fitness and competitive sports, and a solid understanding of how one's fitness level can directly impact their quality of life. Renate strives to motivate others in reaching their personal goals, whether they be intensive task specific goals or to improve one's overall fitness level. Renate recognizes that your time is precious, so her approach focuses on helping you develop a program that fits your lifestyle. As a victim of a debilitating back injury, Renate has an in depth personal understanding of how fitness can transform your life. Her key to success is through continuous tailoring and adapting of workouts as progress is made to avoid hitting a plateau. Renate is certified as a Personal Training specialist through Can Fit Pro and has training in weight management. Renate has recently won the Provincial Championship for the Ontario Physique Association which allowed her to compete at the National level in British Columbia.



Jesse Robazza has a real passion for knowing and understanding how the human body works, how it adapts to change, and how people, through exercise and nutrition, can take control of their life with the proper information. Jesse is also passionate about making sure people understand the rights and wrongs, and the do's and don't's of both nutrition and training. Jesse emphasizes that not every person's body is the same, therefore we all react differently to training. Jesse will help you find the best program for your individual body, while enjoying what you are doing, and remaining motivated! Jesse has a Bachelor's degree in Physical and Health Education and has completed his Master's degree in Human Kinetics, with an expertise in biomechanic, emotion, personality, behaviour, and muscular responses to emotional stimuli. He has experience in both coaching and training while obtaining his degrees. As an avid sports participant, and coach, Jesse understands the demands that various sports have on your body and how training can help you become a better athlete.



Laurie Ypya has 6 years of experience in personal training. Her love of physical fitness inspired her to become a spin instructor in 2011. Laurie's passion is to incorporate cardiovascular challenge with building body strength and flexibility to be able to maximize day to day healthy active living; while at the same time demonstrating that the gym is a place to feel comfortable while working toward your goal. Outside the gym, Laurie enjoys downhill skiing, mountain biking, kayaking and inline skating when a path is available. Laurie's approach is all about safe technique, strong effort and good fun in helping people achieve their goals. Laurie's certifications include Can Fit Pro Personal Trainer, RPM and C.O.R.E spin accreditation.