



**ERIE**  
COMMUNITY  
CENTER

## Education & Certifications:

- \* National Personal Training Institute
- \* National Strength and Conditioning Association
- \* National Academy of Sports Medicine
- \* US Soccer Federation Youth License
- \* CPR/AED/First Aid

## Training Philosophy:

Make your Goals! Make them Challenging!  
Make the Effort! You didn't get out of shape overnight, and if getting there didn't happen overnight, neither will getting back into shape. It takes effort and consistency in training and nutrition over time to achieve results. Let me help you with personally structured fitness, just for you!

## Training Specialties:

- \* Proper form & lifting techniques
- \* Injury Rehabilitation
- \* Youth Sports Strength & Agility Training
- \* Strength Training for Endurance Athletes
- \* Body Building Programs
- \* General weight loss & physique shaping

## Interests & Hobbies:

*I truly enjoy fitness. I love to "hit" the weights, run with my wife and compete in weekend races. We love to go for Saturday bike rides, climb the occasional mountain, and hike trails that will give us the "incredible" view. Throw in the kids and life can be busy, but always interesting!*

# PERSONAL TRAINER



# Joe Swanson

**Here to...**

**Help you reach  
your fitness and wellness goals!**

**Visit Guest Service for pricing and  
registration information.**