

Groveport Parks & Recreation Department

PERSONAL TRAINER JOSEPH D. NEWLAND



Joe's Contact Information

Phone: (614)531-1937 OR
(614)833-3740

Joe Newland's Biography

- AFAA Certified Personal Trainer
- Fifteen Years Experience as Strength & Exercise Instructor
- Exercise Instructor for US Navy/Marine Corps
- Group Cycling & Boot Camp Instructor-Groveport P&R
- Gold Medalist in Senior Olympics Bicycle Races
- Ohio State Age Group Bicycle Time Trial Champion
- Keynote Speaker-Seminar Leader on Wellness/Fitness

"You've been my trainer for five years and those years have been the healthiest and strongest of my life."

- **Carlene Zeches**

"Training with you is hard and challenging, but you've helped me become the leanest and strongest I've ever been."

- **Sandy Waitkus**

"With your support and supervision, I've lost over 50 pounds and have a lot more strength and energy."

- **Michelle White**

"I specialize in helping clients achieve weight loss, improved muscular strength and greater overall physical stamina. Training sessions are by appointment only and are designed to meet the needs of each client."

HOW IT WORKS

Do you need individualized attention to help reach your fitness goals?.... Or just some help getting started?

- Become a member of the Village of Groveport's Recreation Center-Personal Trainer services are only available to members!
 - Contact of one of our sanctioned certified Personal Trainers on your own.
 - Tell him/her what your fitness goals are.
 - Agree to the terms of a contract.
 - Pay the personal trainer directly.
- Enjoy reaching your fitness goals!

**PARKS & RECREATION...
THE BENEFITS ARE ENDLESS!**



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