

## About Us

The Health Joint Fitness Club of Miami is dedicated to providing you with a personalised training program.

It doesn't matter whether you are just setting out on your fitness journey or are already an accomplished athlete &ndash; our step-by-step program will guide you to your personal goals.

If you have ever found yourself uncomfortable in the gym environment; if you are working hard and not getting the results you expected, or you are not getting the personal attention you need &ndash; we can help. The Health Joint provides the space, experience, equipment and individual service you should be enjoying. You will be challenged, you will be excited, you will have fun, and you will LOOK GREAT!!

At The Health Joint Personal Training of Miami, you will find yourself amongst friends. You will be part of a community of like-minded people, working together and motivating each other. You can choose to train at our specialized personal training gym, outdoors at some of Miami's best parks or beaches or in the privacy of your own home.

Personal training requires you to feel comfortable and relaxed. Your trainer will be:

- Approachable and ready to share knowledge.
- Friendly and fun.
- A great motivator. Your sessions should inspire you to train hard even when you are not with your trainer.
- Flexible and experienced so that each session is exciting, new and progressive.
- Constantly undergoing their own training and experiencing new styles of training so they know exactly how you are feeling.

Our own education is important in keeping us at the forefront of the industry. The Health Joint's policy is to promote and encourage ongoing learning. This enables us to provide you with the best possible service, cutting edge training sessions and sound, truly professional advice.

We would love to be your partner in your quest for good health.

### NEW ADDRESS:

8015 SW 40 Street  
Miami, Florida 33165

NEW Telephone: 305-261-4004

Fax: 305-263-1004

### Schedule:

Mon - Thurs 6:00 am to 8:30 pm

Friday 6:00 am to 7:00 pm

Saturdays 7:00 am to 1:00 pm By Appointments Only