



## Joe Allton

Joe has been training for about 6 years and counting. He is originally from Chicago and has been actively engaged here in Florida for the past 3 years. Whether you're looking to improve your golf game with his expertise on being a Golf Specialist, or to just feel better at the end of the day; Joe is here to help. Joe has worked with clients aging from 15-98 yrs of age. He can adjust to nearly anyone's symptoms and have a plethora of experience with strengthening areas that have been injured or surgically replaced. Joe is a huge advocate for living a healthy lifestyle while still making room for some fun in between.

Joe is an NAFC Certified Personal Trainer, NASM Golf Specialist, and NASM Speed & Agility Certified. Joe is here at Esplanade in the early mornings until noon. "I have tons of knowledge on nutrition, toning, strength and conditioning, and increasing your cardiovascular output. Come see me and schedule your assessment so we can get fit together!"

### **Contact for Personal Training**

***Joe's Cell: 239.682.8717 or Email: [jallton@mail.com](mailto:jallton@mail.com)***

***Esplanade Fitness Center: 239.317.0012***