

“I thought I knew how to get the “Pump” until I trained with Jonathan.”

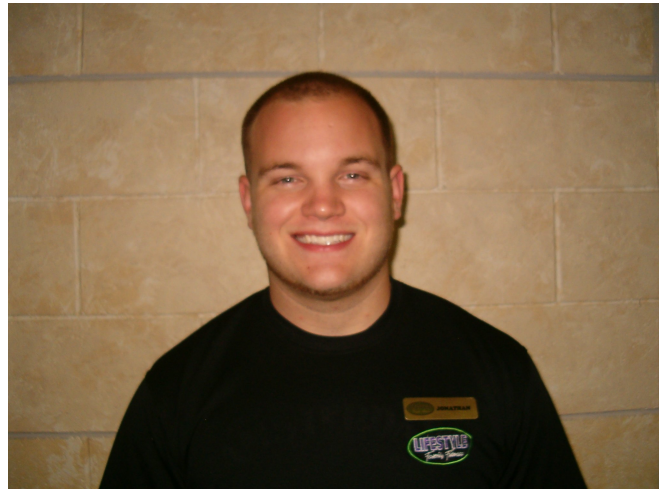
Arnold Schwarzenegger

“Jonathan pushes me to my limits every workout. My backswing would be nothing if it wasn’t for him! He truly is one of the best personal trainers!”

Tiger Woods

“My conditioning program was slacking so I wanted the best and found the best. Jonathan was able to lift me off my plateau and bring my cardio back to peak level.”

Roger Federer



Since childhood I have been fascinated with the human body and its many amazing abilities. I am a Para Medicine Student at St.Clair College and have completed various Anatomy and Physiology courses. I am a Certified Aerobics Instructor and Personal Trainer through the International Fitness Association. I also have the following Certificates: Cardiopulmonary Resuscitation, Automated External Defibrillation, Oxygen Administration and First Aid.

I may be young in the Personal Training field but I have had significant training time with top level bodybuilders and athletes. My knowledge of the human machine enables me to custom tailor a routine fit for you.

No matter your excuse, I am able to push you to your limits and one rep more!

If you fall into any of the following categories, I am looking forward to helping you;

- You are not seeing results.
- You do not know where to start.
- You need to be challenged.
- You want to learn how to exercise on your own.
- You need accountability and motivation.
- You are training for a sport or event.
- You want supervision and support during workouts.

