



At The Loews Philadelphia
1200 Market Street, 5th Floor
Philadelphia, PA 19107
215.231.7350
12fitspaandgym.com

Where Spa Meets Fitness

Spa • Gym • Personal Training

Personal Training

Train, tone & maintain



Joe Burke has over 10 years of experience in helping a wide age-range of people to meet their health and fitness goals. His friendly, lighthearted, and welcoming personality makes it possible for him to both relate to and work with clients ranging from ages 18-80.

Burke uses a combination of weight training, cardiovascular

training, and dietary advice to assist each and every person in their fitness success. Joe "eats and trains like a bodybuilder", but he also enjoys playing basketball and mixed martial arts training in his spare time.

Joe's specialties include advanced mass building, fat loss techniques, and nutritional advice.

*Personal training is \$65/hour or a package of 10 for \$585.
Please see our desk attendant to schedule.*