



O'NEIL BARR
Personal Trainer, Level III

Education

- CPTN
- Medical Exercise Specialist
- CANFIT PRO Nutrition and Wellness
- Crunch Stretch Certification
- PILATES MAT Basic

I have been personal training in one capacity or another for about twenty years. My philosophy is quite simple! I believe that to truly attain fulfillment from life there must be balance with the physical, spiritual and emotional.

I believe in a form focus link that is applicable to both exercise and life in general.

I believe when it comes to the challenges of exercise, there is a thin line between pain and pleasure. I say embrace it!

The desires of my clients' hearts become mine. In so doing I will seek all avenues and tools and resources to ensure they become the very best that they can be.



**TORONTO
ATHLETIC CLUB**

torontoathleticclub.com

Cambridge Group of Clubs