



**Human  
Performance  
Centre**

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Achieve Your Best  
... We Can Help.



# The Human Performance Centre

## Achieve Your Best... We Can Help.

The Human Performance Centre is a locally owned and operated treatment clinic and fitness facility. We've been helping people improve their function, reduce their pain, return to work and sports, and achieve their goals for over ten years.

Our highly qualified staff uses a team approach to ensure that our clients receive the best possible care.

We employ certified/licensed physiotherapists, massage therapists, kinesiologists, dieticians and fitness instructors.



*We will help you take your first step through our:*

- *leading edge services*
- *focus on positive results*
- *commitment to excellence*
- *caring and encouraging atmosphere*

*Let us help you in achieving your best by doing our best!*

## Physiotherapy

*"Physiotherapists have an advanced understanding of how the body moves, what keeps it from moving well and how to restore mobility."*

Physiotherapy is the treatment, management and prevention of a wide variety of physical injuries. Physiotherapists treat individuals of all ages for injuries to any part of the body. Physiotherapists increase movement, decrease pain, and return individuals to their previous function and activity levels.

## Massage Therapy

Massage Therapy, also known as Swedish massage, is the most common form of massage. This form of massage uses long, smooth strokes, kneading and other movements including stretching and even strengthening of various muscles with massage oil or lotion. There are many benefits of therapeutic, relaxing or rehabilitative massage.

*Visit our website at [www.humanperformancecentre.ca](http://www.humanperformancecentre.ca) to view the benefits of physiotherapy and massage therapy treatment and/or to contact a physiotherapist or registered massage therapist:*

Physio	<b>Earle Burrows</b>	<a href="mailto:earle.burrows@humanperformancecentre.ca">earle.burrows@humanperformancecentre.ca</a>
	<b>Patricia Sennett</b>	<a href="mailto:patricia.sennett@humanperformancecentre.ca">patricia.sennett@humanperformancecentre.ca</a>
	<b>Scott Andrecheck</b>	<a href="mailto:scott.andrecheck@humanperformancecentre.ca">scott.andrecheck@humanperformancecentre.ca</a>
Massage	<b>Alexandra Sullivan</b>	<a href="mailto:alexandra.sullivan@humanperformancecentre.ca">alexandra.sullivan@humanperformancecentre.ca</a>





**Fitness Centre**  
**Fitness Classes**  
**Weight Classes**  
**Pilates Classes**  
**Cardio Classes**

The Human Performance Fitness Centre has a great atmosphere and friendly, knowledgeable staff. Our approachable staff members and excellent facility provide the foundation to start accomplishing your fitness goals for all ages in our community.

Sometimes the hardest part to beginning a healthier lifestyle is just getting to the gym. We have extended hours for our members so you can workout early in the morning (5:30 AM) before your busy day starts or after all your other tasks are complete (12 Midnight). Need help with your program we have staffed hours Monday through Saturday. Our facility provides a wide range of exercise equipment, group fitness classes and health professionals to get you started towards reaching your fitness goals. We have personal training, a registered dietician, cardio equipment, free weights, weight machines, stability equipment and group exercise classes. Whatever you are looking for, we **can** help you achieve your best!

Our guest passes are a great way to try out the fitness facility at your convenience.

# OUR SERVICES

Physiotherapy  
Atlantic Spine Program  
McKenzie System  
Massage Therapy  
Acupuncture  
Functional Testing

Athletic Testing  
Ergonomics Assessment  
Fully Equipped Fitness Centre  
Personal Training  
Nutrition Counseling

# HOW TO REACH US

Clinic phone 506 738-8299  
Fitness Centre phone 506 738-3554  
fax 506 738-2824

749 River Valley Drive  
Suite 2  
Grand Bay-Westfield, NB  
E5K 1B6

## HOURS

### Clinic

Monday and Wednesday 7am to 5:30pm  
Tuesday and Thursday 8am to 8pm  
Friday 7am to 4pm

### Fitness Centre

5:30am to 12 midnight  
365 days/year

### Fitness Centre staffed

Monday to Thursday 8am to 8pm  
Friday 8am to 4pm  
Saturday 9am to 12 noon



[www.humanperformancecentre.ca](http://www.humanperformancecentre.ca)

