



Lori Johnson

**PERSONAL TRAINER &
GROUP EXERCISE
INSTRUCTOR**

PHILOSOPHY

Every person is different; they train at different levels and have different goals they're trying to achieve. For that reason I like to provide an individualized workout routine for every client I see. I like to get to know the person and understand what they are looking for, then I like to help them set up a program that works well for them and keeps them inspired. I seek to educate and motivate clients and get to know them as friends!

CLIENT BASE

I have worked with people from all demographics, from young adults to seniors, as well as people from all different levels of fitness. I develop client workout routines to suit their current level of fitness, while at the same time creating new challenges to bring them to the next level. I can incorporate everything from circuit training workouts to providing bodybuilding training.

EXPERIENCE AND CREDENTIALS

ACE Certified since 2003, training in APEX & Silver Sneakers, First Aid & CPR certified. Extensive research on bodybuilding training for myself and others. Nutritional information available as a customized plan or work with your nutritionist.

HOBBIES

Fitness, strength training, music, movies, dancing, spending time with friends and family