

Von Ray Johnson

PHILOSOPHY

- Every person is different, and their abilities and needs must be respected.
- I get as much satisfaction working with professional athletes as with individuals who have no athletic experience and may never have been in a gym.
- Working with individual's means listening to them, helping them set goals, and guiding them to get the results they want.
- Universal health and fitness applies to the every person at every level, from the individual who wants to lose weight to kids at summer camp, from the gifted athlete striving for peak performance to the adult who wants to be comfortable doing everyday tasks.
- There is no "only one way" to train. Health and fitness are goals that can be met through many avenues.
- Whether the workout activity aims to increase cardiovascular conditioning, strength and power, flexibility, balance, speed and agility, flexibility and mobility, or injury prevention, the key is you. You are the magic pill that will take you where you want to go.
- Having been a competitor as well as a trainer, a father of three daughters, and now a man in middle age, I can personally recognize the diversity of needs and approaches that bring people to a personal trainer.



CLIENT BASE

- Everyone can benefit from personal training, regardless of age, body type, health and conditioning goals, and athletic experience.
- At the 10th Avenue Club my clients may be a retired couple, a young woman training for her first triathlon, a man who wants to get stronger, a teenager staying in shape between sports seasons, or a woman whose children are now in school and has time for herself.
- People work with me for general conditioning as well as sports-specific training.
- I have worked with some of the most gifted athletes, including major league baseball players like Justin Bughman, NBA stars like Darnell Valentine, track and field veterans like Jerome Kersey, handball champions like Vini Letters, NFL players like JJ Birden, as well as body builders and serious amateur competitors.
- Some of my clients are stars, but most are like you, with more modest goals and many things demanding their time and attention. If health and fitness are your priorities, we can develop a path to personal success for you.

CERTIFICATION

- More than 20 years of experience as a Professional Fitness Coach
- IFA, NPC, and SPARO Qualified
- Bodybuilding and Track & Field Specialist
- Associate Director, Velocity Sports Performance
- CPR and First Aid Certified