



Julia Johnson, CPT, Fitness Coach

Julia has been a personal trainer for over 13 years with personal training certifications from the American Council on Exercise (ACE) and the National Exercise Training Association (NETA). She has been a certified group exercise instructor for over 25 years with certifications from NETA and the Aerobics and Fitness Association of America (AFAA). With her extensive experience in the fitness field, she has been successful in developing strength and conditioning programs for individuals and groups in a variety of ages from pre-teens to senior adults.

She has been instrumental in developing highly effective group exercise programs and has taught strength training, cycling, fitball, hi/lo aerobics, kickboxing, step and strength/cardio circuit classes. She has been the strength and conditioning coach for men's and women's tennis teams at the NCAA Division II level. She has also been the conditioning coach for girls and boys U9-U13 soccer teams. Her clientele also includes professional athletes. She has acted as a conditioning consultant for a boys high school soccer team in Canada as well.

By adding interest, friendly competition and variety to her programs, Julia helps her clients and class participants find it motivating and successful to participate repeatedly in her classes.