

PERSONAL  
TRAINING  
WITH

Brittany  
Johnson



**Education/Certifications**

- Certified NETA Personal Trainer
- Certified Spin Instructor
- Certified POUND Rockout Workout
- Bachelors of Science in Mathematics Education
- Masters in Educational Leadership

**Training Philosophy**

Whether you are brand new to the gym world or an experienced gym rat, we all need someone sometimes to motivate us, challenge us and to push us out of our comfort zone so that we can grow and change. Wellness is about more than just the physical movement - it's social and emotional too. The goal is for members to look forward to their time here at the gym, not to dread it. So together, let's find what works for you!

**Interests**

During the day I am a High School Mathematics teacher and the National Honor Society co-advisor at Warwick High School. In the evenings you will find me in the spin room or studio 4 teaching group fitness classes. When not at school or the gym, I enjoy walking downtown Lititz with my husband, our son and goldendoodle, Marlow. I love helping students and gym members alike reach their goals. That feeling of pride I get when I see the smile on their face is the absolute best!

**"TAKIN ON A CHALLENGE IS A LOT LIKE RIDING A HORSE. IF ITS COMFORTABLE, YOU'RE PROBABLY DOING IT WRONG." - TED LASSO**