

Stacy Johnson

My fitness coaching journey began in 2014 when I became a yoga teacher trained by Core Power and certified by the Yoga Alliance. I've since expanded my expertise to include personal training (Certified by the American Council on Exercise in 2024) and advanced aqua fitness instruction.

I specialize in functional movement, helping clients improve their daily activities, prevent injury, and enhance their overall mobility. Whether you're looking to build strength, increase endurance, or improve balance and flexibility, I'm here to work with you.

If you're interested in a workout plan tailored to your unique goals, I offer flexible, customized programs with periodic check-ins, ensuring you stay on track and make steady progress. Let's work together to build strength, confidence, and a healthier future!