



INTRODUCING

Johnena Brown

Personal Trainer



My passion is to empower clients to take control of their health and fitness, enabling them to live full and active lives. As people have kids, advance in their careers, or just simply age, personal health and fitness goals can get off track. I love working with clients to guide them in their fitness journeys to be the best versions of themselves.

EDUCATION & CERTIFICATIONS

- NASM Certified Personal Trainer
- CrossFit Level 1
- First Aid/AED Certified