



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AMANDA JOHNSON

PERSONAL TRAINER

"I enjoy adventuring on this beautiful earth with my husband, kids and extended family that I often refer to as "my tribe." I believe each day is a blessing that should be lived fully and I want to help you achieve this same joy, energy and passion for life."

BACKGROUND

Amanda Johnson is a Certified Personal Trainer through ACE. Though only beginning her career in recent years as a personal trainer, Amanda has had a lifelong passion for making fitness and health accessible to all.

Knowing that the body is capable of great things, she believes that everyone owes it to themselves to use their bodies to their full potential, no matter what their stage is in life. Amanda believes that fitness should be fulfilling, enriching and fun.



SHERWOOD REGIONAL FAMILY YMCA

23000 SW Pacific Hwy

Sherwood, OR 97140

503.625.1473

ymcacw.org

