



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Danica Johnson

Personal Trainer



PHILOSOPHY

Health and fitness aren't about where you start—they're about moving forward. Celebrate the small wins, because that's where lasting change begins. Building knowledge, confidence, and healthy habits makes fitness a sustainable part of your life.



EDUCATION/CERTIFICATIONS

- B.S. Kinesiology from UW–Madison with a specialty in Exercise Movement Science.
- NASM Certified Personal Trainer
- NASM Certified Nutrition Coach
- LES Mills Certified SHAPES Instructor



SPECIALTIES

- Strength Training and Powerlifting
- Weight loss
- HIIT and TRX
- Integrated Balance Training
- Nutrition Timing with Exercise
- Senior Functional Strength
- Program Writing



DEMOGRAPHIC

I enjoy working with clients of all ages, experience levels, and goals.



A LITTLE ABOUT ME

I'm a wife, a new mom, and someone who loves living life outside as much as possible. When I'm not in the gym, you can find me spending time with my family—cooking, going for walks, exploring hiking trails, or enjoying the lake.

Personal Training Fees

ONE 55-MIN TRAINING SESSION

\$45/session

SIX 55-MIN TRAINING SESSION

\$250/session

TEN 55-MIN TRAINING SESSION

\$390/session

TWENTY 55-MIN TRAINING SESSION

\$700/session

PACKAGE OPTIONS FOR MEMBERS ONLY:

PERSONAL TRAINING STARTER PACKAGE:

Package includes comprehensive fitness evaluation, 1 nutrition consultation, and 2 x 30-min PT sessions tailored to your goals and evaluation results.

FEE \$125

PT-30:

To help manage your busy life effectively and efficiently, we offer 30-min sessions.

One package option available: 10 x 30-minute sessions

FEE \$205

YMCA AT PABST FARMS

1750 E. Valley Road, Oconomowoc, WI 53066

262-567-7251 WWW.YMCAATPABSTFARMS.ORG

_____ has an appointment on

☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

_____ Date

_____ Time

am
pm

If unable to keep your appointment,
kindly give us 24 hours notice