the YMCA

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.