



YMCA of Cass and Clay Counties
Personal Trainer Bio

THERESA JOHNS



I believe that absolutely everyone can benefit from making fitness a daily part of their lives. Not only can it improve your strength, balance and flexibility, but your relationships with others, mental wellness and every other part of your life as well. I enjoy designing programs that involve specific goals you can achieve through strength training, fun cardio and flexibility exercises. I also enjoy explaining to clients how nutrition can maximize or minimize their progress.

CONTACT

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EXPERIENCE

- 15+ years in the healthcare industry

EDUCATION

- B.S. in Biology from Concordia University
- NASM Certified Personal Trainer