



# PERSONAL TRAINING

*with*

**SARA JOHNSON**



**Sara Johnson** has been an ACE-certified personal trainer and fitness instructor for 30 years.

Her collegiate education consists of a B.S. in Psychology and a master's degree in Human Resources. She enjoys working with clients one-on-one and in group settings to establish valuable connections and help them progress toward improved health and wellness.

She teaches many different group fitness formats, **including Zumba here at Portofino on Tuesdays at 9am in the Lifestyle Center.**

## SESSION RATES

*\*Discounts apply\**

**\$50** / 30 minutes    **\$75** / 50 minutes

Portofinoisland.com • 850.916.5355

*The Fitness Center is located on the 2nd floor of the Lifestyle Center.*