Johnson's Core Fitness Studio

Special Pricing For Bill Schalz's Swim Programs

Personal Training Services Include:

- **A Studio Designed For Personalized Attention**
- **Sport Specific Equipment**
- **Programs Designed Specifically to Your Individual Needs**
- **Improved Performance Through Sport Specific Flexibility & Strength**
- **Enhancing Your Potential To Succeed Through Motivation and 7 Years of Experience**
- **Personal Training Prices Are The Following:**

1 on 1 Training $44.00/Hour **2 on 1 Training $27.00/Each**
Group of 4 $18.50 Each (Recommended for Beginners Only)

Therapeutic Massage Services Include:

- **Increased Recovery From Workouts**
- **Improved Posture and Alignment Reducing Stress From Strenuous Workouts**
- **Recovery During Taper Time**
- **Massage Prices Are The Following:**

$44.00/Hour

Located At:
115 East Main Street (Route 64), Saint Charles, IL 60175
Located In Historic Downtown - Just East Of The Fox River

For a Consultation:
Phone: 630.935.7616 Email: brian@johnsonscorefitness.com
Webpage: www.johnsonscorefitness.com

7 Years of Experience
Working with Olympic, Collegiate , & High School Level Athletes

B.S. Exercise Science, Licensed Massage Therapist, National Academy of Sports Medicine – Certified Personal Trainer, National Strength & Conditioning Assocation - Certified Strength & Conditioning Specialist, Certified Golf Conditioning Specialist