**Sedrick Johnson**

Sedrick Johnson, a world class athlete, from the beginning. Named one of the nation’s top 50 young athletes in both Basketball and Football in 2008 and 2009. He went on to play for the Saint Louis Rams and then led the Duke City Gladiators to not one but two Championships. Sedrick earned his Bachelors in Sports Management from Iowa State University, where he played wide receiver for all four years. Now he is dedicating his time, energy and skills as being one of the best personal trainers and group fitness instructors the world has to offer. Don’t let his charming smile fool you, he will provide a challenging and engaging workout, no matter what your physical level may be, beginner to extreme athlete, Sedrick has you covered! CPR certified, Youth and Agility Specialty, Athletic Condition, Special Populations.

Contact me to schedule your Personal Training Session or Fitness Class. I look forward to hearing from you.

Sedrick Johnson - Personal Trainer/Instructor