

JAMES EVERETT JOHNNSON “JJ”



A two time National Reebok and Tone Soap Aerobic Champion, JJ is a personal trainer, cross-training/plyometric strength coach and a Feldenkrais – CORE flexibility and stabilization practitioner with over 15 years experience.

JJ gained his knowledge and training at the Kenneth Cooper Institute in Dallas, TX and abroad. His expertise has always been to train for the longevity effects of muscular strength, speed and core balance. He holds a BA in Communications and recently completed a Masters program with the Life Force motivational counseling group in 2005.

This Ex Club Med GO, and former co-host for the Good Morning Houston's fitness show with Jan Glenn has also trained at some of the top fitness gyms across the nation. Including: Bally's, The Greens point Club, The Houstonian (TX), The San Francisco Bay Clubs, The San Francisco Tennis Club, Club One, LA Sports Club in LA, and Gold's Gyms (TX and CA).

"At SF Hills and Drills beginners are always welcome. No matter what your fitness level."