

*Rod Johnson, Principle
Fitness Consultant, Personal Fitness
Trainer, Instructor, Educator,
Freelance Journalist &
Fmr. CNN Health Producer*

Our Philosophy:

*The key to change is knowledge, the
more you know, the more you will
grow.*

Our Mission:

*Provide a positive and affordable
approach to health and wellness -
targeting every level of fitness.*

Our Vision:

*Make personal training an easy
approach to a lifetime of strength and
conditioning.*

Our Motto:

*Building strong, lean, healthy bodies
one day at a time.*



*High Energy Alternative Training
500 Bishop Street, Suite A
Atlanta, Georgia 30318
(Off 17th St. Bridge/ Atlantic Station)*

Training Days/Hours:

*Monday - Friday
6 A.M. - 7 P.M.*

*Saturday
9 A.M. - 12 Noon*

*Sunday
Off*

*Mailing Address:
Seal Of Fitness
P.O. Box 115413
Atlanta, GA 30310-8413*

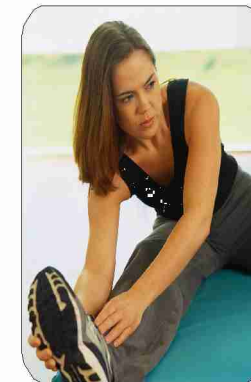
Info@SealOfFitness.com

www.SealOfFitness.com

*Train your
Brain
Strength
Flexibility
Balance - Core
functional*



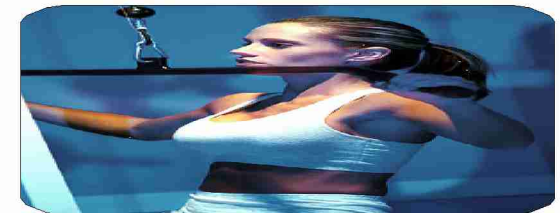
*Personal Fitness
Training*



*Train your
Body
Corrective Muscle
Imbalance
Muscular
Development
Weight Loss
Nutrition*

Fitness...

Not a destination, But a journey



404 275 7642

www.SealOfFitness.com