

Jane C. Johnston, B.S. PSY

Jane Johnston has been teaching group fitness classes on land and in the water since 1977. She is a Guild Certified Feldenkrais Practitioner, a Registered Yoga Teacher, a Personal Fitness Trainer and a Water Safety Instructor; holds several Land and Water Post-Rehab Certifications, an Adapted Swim Instructor Certification as well as national certifications in Land and Water Fitness. She has had extensive training in aquatic rehab and is able to draw on many modalities in her work in the water. She is one of the few practitioners worldwide to take Feldenkrais to the water.

Jane teaches aquatic classes, Feldenkrais Awareness through Movement classes, yoga classes, and fitness classes for seniors. She arranges private sessions for those in need of individual attention. Jane has a particular interest in working with aging clients in a post-rehab situation, those with joint replacement, those with special needs and preschoolers. Jane is continuing her studies in the Feldenkrais Method, will test for her Medical Exercise Specialist this year and hopes to refine her yoga studies in the yoga therapy area. She has a Level 3 ranking in Yang Style Tai Chi Chuan and is studying for her Level 4 ranking and has studied other form of Taiji and Qi Gong. She holds a Bachelor of Science in Psychology with an emphasis in Physiological Psychology

Work Experience

Current

- Aquatic Exercise Instructor, Aquatic Personal Trainer, Learn to Swim Instructor, Feldenkrais Method® Awareness through Movement Instructor
- Town of Leesburg, Parks and Recreation, Ida Lee Park
- Feldenkrais Method® Awareness through Movement Instructor, Yoga Instructor
- Winchester Parks and Recreation
- Feldenkrais Method® Instructor, Yoga Instructor, Aquatic Fitness Instructor, Personal Trainer (land & water), Swimming Instructor, Low Impact Aerobics Instructor various locations (Berryville, Middleburg)

Previous

- Aerobics Instructor, Personal Trainer, Aquatic Exercise Instructor -Clarke County Parks and Recreation
- Aquatic Exercise Instructor-Winchester Parks and Recreation
- Yoga Instructor-Yoga and Health Studies Center
- Yoga Instructor, Aerobics Instructor, Personal Trainer, Aquatic Exercise Instructor Fairfax County Parks and Recreation
- Aerobics Instructor, Exercise Instructor, Yoga Instructor Women's Fitness
- Aquatic Exercise Instructor, Aerobics Instructor Various community associations
- Vice President/Treasurer/Owner – Johnston Education Services
- Aerobics Instructor, Aerobics Coordinator, Racquet Ball Coordinator Mount Vernon Racquet World
- Aquatic Exercise, Exercise Instructor, Life Guard Alexandria YMCA

Advanced Certifications

- Guild Certified Feldenkrais Practitioner
- Feldenkrais Guild of North America – (FGNA)
- Adapted Aquatic Instructor
- American Alliance for Health, Physical Education, Recreation and Dance (AAPHERD/AAALF Aquatic Council)
- Aquatic Therapy and Rehab Certified -Aquatic Therapy and Rehabilitation Institute - (ATRIC)
- Post-Rehab Conditioning Specialist -American Academy of Health and Fitness Professionals – (AAHFP)
- Registered Yoga Teacher 200 -Yoga Alliance – (YA)

Other Certifications

- Adapted Aquatics Instructor – (AAPHERD)
- Aquatic Fitness Instructor -Aquatic Exercise Association – (AEA)
- Arthritis Aquatic Program Instructor - Arthritis Foundation & YMCA – (AF & YMCA)

Land

- C.O.R.E. Level One Instructor – Resist-A-Ball®
- Group Fitness Instructor - Aerobics and Fitness Association of America– (AFAA)
- Safe Exercise Leader, Step & Slide Instructor - Exercise Safety Association (ESA)
- People with Arthritis Can Exercise (PACE) – Arthritis Foundation – (AF)

Personal Training

- Personal Fitness Trainer - Aerobics and Fitness Association of America – (AFAA)
- Post-Rehab Conditioning Specialist – (AAHFRP) Swimming
- Adapted Aquatics Instructor – (AAPHERD)
- Water Safety Instructor – (ARC)
- Risk Awareness and Safety Training – Aquatic Therapy and Rehab Institute (ATRI)

Yoga

- Yoga Instructor – Certified by Yoga and Health Studies Center – (YHSC)
- Yoga Afloat Instructor – Defining, You – (DY)
- Yoqua Teacher – Hydro-Health Unlimited

Miscellaneous

- Adult, Infant & Child CPR for the Professional Rescuer – American Red Cross – (ARC)
- Automated External Defibrillator – American Red Cross – (ARC)
- Community First Aid and Safety – American Red Cross – (ARC)
- Risk Awareness and Safety Training – Aquatic Therapy and Rehab Institute (ATRI)

References available upon request