

Dylan Johnson

Owner

Sona Fitness



Dylan's fitness journey began as a student athlete. In college, he played football and worked part-time as a performance coach, gaining experience with sports-specific training and weightlifting. After college, Dylan worked in professional sports and entertainment for five years, where his fitness philosophy evolved; fitness became an outlet from the stress of work and functional training became the primary focus. That's an ethos he brings to Sona today.