



Meet instructor Johnny Vogel.

If you drop his name in the wrestling world – ears perk up.

If you make mention of him in the world of extreme weight loss, conditioning, and creating hard bodies, he is known. And finally in the Muay Thai world Johnny is no stranger and soon to make his permanent mark.

Don't let his boyish smile and dimples fool you – his training method is full of inventive, threshold pushing, hardcore exercises that are, ingeniously creative, yet so fun.

National Champion wrestler, fitness and body sculpting expert, and undefeated national Muay Thai Champion.

Come take one of his classes or book a private session with him at Short North Muay Thai.

Instructor Johnny Vogel

614.299.6829

Johnnyrayv@gmail.com

www.shortnorthmuaythai.com

