



MEET YOUR TRAINER

Heidi Verner

"If you put your mind to it, you can do it!"



- Service Site Coordinator, Personal Trainer, and Group Fitness Instructor; Fit-X San Diego
- ACE (American Council on Exercise) Certified Personal Trainer
- Fitness Specialist Certificate; Mesa College
- Certified YogaFit, YogaMAX, and MaxBURNfx Instructor
- Experienced Group Fitness Instructor; Yoga, Pilates, Kickbox, and Step Aerobics
- Loves working with novice exercisers
- 11 years experience as a competitive gymnast and 3 years coaching experience
- 4 years competitive cheerleading experience
- 12 years customer service experience teaching dance and serving up coffee at Starbucks
- 18 years of Fitness Industry Experience
- CPR, 1st Aid and AED certified

Heidi is a valued member of the Fit-X San Diego One on One and Group Fitness Training Team featuring certified professional trainers and instructors uniquely qualified to assist you in reaching your fitness goals. Fit-X San Diego offers in-door, out-door and water fitness programs for groups and individuals of all ages, shapes and sizes.

Heidi Verner

Certified Fitness Professional
& Personal Trainer

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www.fitxsandiego.com