



MEET YOUR TRAINER



Larry Indiviglia

**"Balance your
fitness, balance
your life."**

- Master Personal Trainer; Fit-X San Diego
- Running Coach; Fit-X San Diego with tips and advice appearing in numerous issues of Runners World magazine
- Club Director; Island Fitness
- BS; United States Naval Academy
- BA; Corporate Fitness Administration, UHS, San Diego
- MBA; University of San Diego
- Certified Personal Trainer; American Council on Exercise (ACE) and NSCA
- STREND Certified Trainer
- 15+ years fitness experience working with a variety of clients
- Specializes in general fitness, strength and endurance training, sports performance, functional and balance training, weight loss/gain, and senior Fitness
- CPR and First Aid Certified

LARRY 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.

Larry Indiviglia

Certified Fitness Professional

Master Level Fit-X Trainer

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