



MEET YOUR TRAINER



Lisa Garrity
"Everything in moderation."

- Master Level Personal Trainer
- Group Fitness Instructor
- Post Rehabilitation Exercise Specialist
- 25+ years of Fitness Industry experience
- Fit-X San Diego Education Specialist
- Master's Degree in Education
- Bachelor's Degree in Exercise Science
- American Council on Exercise (ACE) Certified
- Lifestyle and Weight Management Consultant
- Aquatic Exercise Association (AEA) Certified
- National Strength and Conditioning Assoc.
- American Council on Exercise Academy Faculty
- Continuing Education Provider
- Exam Preparation
- CPR Instructor trained
- CPR, First Aid, and AED Certified.

LISA 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.

Lisa Garrity

Certified Fitness Professional
& Master Level Personal Trainer

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