



MEET YOUR TRAINER

Mike Payne
"Want it? ...
Dream it, Live it.
Keep Training!"



- Master Level Personal Trainer;
Fit-X San Diego
- Group Fitness Instructor;
Fit-X San Diego
- Specializing in weight loss, strength training, balance and functional training and postural assessments
- Certified Personal Trainer; ACE
- City College Personal Trainer Certificate Program Graduate
- Fit-X Advanced Trainer Course Graduate
- IDEA Health and Fitness Association Professional Member
- Specializing in Rep Reebok, Turbo Kick, Sports Conditioning, BootCamp and Children's Exercise Classes
- 9 years combined fitness industry and coaching experience
- Previous professional experience includes working with Body By Jake, Inc. to train focus groups
- CPR and First Aid Certified

MIKE 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.*

Mike Payne

Certified Fitness Professional
Master Level Fit-X Trainer
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