



## MEET YOUR TRAINER

***Rudy Spencer***  
***“You’ve got to get up every morning with determination if you’re planning to go to bed with satisfaction.”***



- Personal Trainer, Fit-X San Diego
- NASM Fitness Specialist Certificate
- Physical Education Fitness Specialist Certificate
- Currently working toward a nutrition degree
- Specializes in weight loss and posture improvement
- Specializes in sports specific training, especially football and basketball
- 16 years of fitness experience
- 16 years as a professional spa chef at Cooking Healthy Cuisine
- Received “Fitness Manager of the Year 2003”
- Organizes basketball camps and healthy BBQ cooking classes
- CPR and AED certified

***Rudy*** 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.

### ***Rudy Spencer***

Certified Personal Trainer

**858-715-8611**

**Rudy@fitxsandiego.com**

[www.fitxsandiego.com](http://www.fitxsandiego.com)