



MEET YOUR TRAINER

Sharlene Nordquist



"Practice balance in every area of your life, and keep moving no matter what life may throw your way."

- Master Trainer; Fit-X San Diego
- Group Fitness Instructor; Fit-X San Diego
- Certified Personal Trainer; American Council on Exercise
- Certified Kick Box Instructor; Thomas the Promise
- YogaFit Trained
- Johnny G. In-Door Cycling Instructor
- IDEA Health and Fitness Source Member
- 20 years fitness industry experience
- First aid and CPR Certified

SHARLENE is a valued member of the Fit-X San Diego One on One and Group Fitness Training Team featuring certified, degreed and professional trainers, instructors and counselors 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 shapes and sizes.

Sharlene Nordquist

Certified Fitness Professional

Master Level Fit-X Trainer

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