



MEET YOUR TRAINER



Heidi Verner

***"If you put your mind to it,
you can do it!"***

- Personal Trainer and Group Fitness Instructor;
Fit-X San Diego
- ACE (American Council on Exercise)
Certified Personal Trainer
- Fitness Specialist Certificate; Mesa College
- YogaFit Instructor
- Experienced Group Fitness Instructor;
Yoga, water aerobics, kickbox and step aerobics
- Loves working with novice exercisers and
implementing walking programs
- 11 years experience as a competitive gymnast and
3 years coaching experience
- 4 years competitive cheerleading experience
- 12 years customer service experience teaching
dance and serving up coffee at Starbucks
- 13 years of Fitness Industry Experience
- Certified in Cardio Pulmonary Resuscitation

HEIDI 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.

Heidi Verner

Certified Fitness Professional
Experienced Level Fit-X Trainer
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