



Fitness Management



Fitness Management

- Group Fitness
- Personal Training
- Facility Oversight; part time to full time
- Facility Start-Up
- Consulting and Facility Design
- Program Management and Design

Take the Hassle Out of Managing Your Facility, Classes & Staff

- We can manage all aspects of your fitness center
- Interviewing and hiring staff
- Scheduling of all classes
- Producing flyers and calendars
- Maintenance of the equipment



Getting The Word Out

- Produces schedules, calendars, event and program flyers
- Your logo and or company name on all materials

Programs

- Incentive programs
- Group work outs
- Holiday specialty classes
- Special events
- Fundraising events, walks, runs etc...

Administration

- Monthly report of all fitness activity, daily classes & special event attendance
- Quarterly and annual feedback programs are conducted
- Classes and instructor performance
- Staff performance, program content and more...
- General liability insurance coverage for all associates and will obtain a certificate of additionally insured for all accounts and locations we service.



Fit-X San Diego strives to provide professional, safe and quality fitness services through innovation, creativity and caring in order to

promote increased quality of life.

We work to get people moving and keep them moving!

Fit-X San Diego

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"Over the years, Qualcomm has challenged Fit-X to respond to our needs and in every case they have responded with unique and innovative solutions that truly add value to our work/life balance programs." Dave Beadle; Manager, Qualcomm Incorporated