



Group Fitness Services



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- Programming of Fitness Classes
- Mind - Body Classes
 - Yoga; most styles and methods
 - Pilates
 - Hybrid combination classes
- Weight/Fat Loss and Weight Gain Programs
- Cardiovascular Classes
- Strength Classes
- CORE Training
- Water Aerobics
- Sport Specific Classes
- Specialty Classes
- Outdoor Classes

Our programs and services can be tailored to meet your participant's needs and available facilities/equipment.



Conducting Classes

- Safe and professional group fitness class just about anywhere.
- Aerobic rooms, fitness centers, parks, courtyards or empty conference room.
- Specialize in conducting classes in traditional and non-traditional environments.

Education is Important to Us

- In-Gym Orientations and Ask The Pro's
- General Health handouts
- Incentive programs and off-site activities.

Getting The Word Out

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

Keeping our finger on the pulse of participant needs

- Monthly report of all fitness activity daily class & 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