



A Division of Island Fitness Express, INC.

# Personal Training



## Personal Training

- Certified
- Insured
- One-on-One
- Partner
- Semi-Private/Small Group
- Post Rehab Training
- Sports Specific Training
- Age Appropriate



## Qualifications

All Fit-X San Diego trainers and instructors go through:

- A rigorous four part interview
- Certified or degreed through a nationally recognized organization
- Experience of two years or more as a certified or degreed personal trainer
- We have three levels as a personal trainer; associate, experienced and master

## Session Includes

- Complimentary consultation, with a waiver, program information and cancellation policies
- Health History Questionnaire and Review
- Custom Program Design
- Personal Journal



## Other Information

- Communication system that allows clients to leave messages for us 24 hours a day; regarding schedule changes, questions, concerns etc...
- Payment options; PayPal, check, cash and credit card.
- Each client receives a monthly statement reflecting all service activity.
- Fit-X San Diego maintains 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

A division of Island Fitness Express, Inc.  
3658 Ruffin Rd. Ste. F  
San Diego, CA 92123

Phone: 858-715-8611  
Fax: 858-715-8681  
Email: [fitx@fitxsandiego.com](mailto:fitx@fitxsandiego.com)  
[www.fitxsandiego.com](http://www.fitxsandiego.com)

*"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*