



MEET YOUR TRAINER



***Carme
Garces***

***"A healthy and beautiful body
forever."***

- Personal Trainer; Fit-X San Diego
- ISCA Certified Personal Trainer
- Group Fitness Instructor; Fit-X San Diego
Water Aerobics, Salsa Specialty Programs
- Body Pump Training Systems Instructor
- Posture Alignment Specialist (LTH Symmetry)
- Boot Camp Specialist
- Schwinn Cycling Instructor
- STREND Challenge Participant and took
first place in 2000 in her division
- Fluent in Spanish and some French and Italian
- 10 years fitness industry experience
- 6 years Ballet
- Ski enthusiast
- Certified in Cardio Pulmonary Resuscitation

CARME'S *experience and extensive fitness training makes her uniquely qualified to assist you in reaching your fitness goals. This combined with her passion and knowledge of nutrition, balance, and harmony leads you to a healthy and beautiful style of life.*

Carme Garces

Certified Fitness Professional
Experienced Level Fit-X Personal Trainer
619-209-2800 ext. 15
www.fitxsandiego.com