



MEET YOUR TRAINER



***Jennifer
Botwick***

***“Accept and love your body,
then live to be fit and healthy
in body and mind!”***

- Personal Trainer: Fit-X San Diego
- ACE (American Council on Exercise)
Certified Personal Trainer
- BA in Communication and Media; SUNY
(State University of New York) at New Paltz
- Fitness Specialist Certificate;
San Diego City College
- 16+ years of Fitness experience
- Specializes in Yoga and “at home” and
“anywhere” programs featuring custom
blends of Traditional Strength Training, Mat
Pilates, Yoga, Cardio Kickbox, Swiss Ball and
Plyometrics tailored to fit each client’s individual
needs and goals.
- YogaFit Certified Instructor
- TRIAD (Cardio, Sculpt, Core) Instructor
- Spin, Cardio Kickbox, and Mat Pilates
- CPR and AED Certified
- Healthy gourmet cooking specialist including
food allergies and other concerns
- Surfer, runner, hiker, biker

Jennifer Botwick

Certified Fitness Professional & Personal Trainer

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