



MEET YOUR TRAINER

***Kathi
Rose***



***"Burn is good; pain is not.
'Feel the burn' to safely achieve your
strength and fitness goals."***

- Personal Trainer; Fit-X San Diego at Scripps Ranch Swim and Racquet Club
- Group Fitness and Aquatics Instructor; Fit-X San Diego
- Certifications: American Council on Exercise; AFAA Advanced Personal Trainer, Rep Reebok, Aquatic Exercise Association, CPR and AED
- UCSD Fitness Certificate Program graduate
- Special interest in working with runners, tennis players, seniors, heart patients and arthritic individuals
- 28+ years of Fitness Industry and Athletic Programming Experience including work at Shiley Sports and Health Center, The Sporting Club at Aventine and U.S. Navy Fitness Programs
- 6+ years coaching experience: youth soccer, basketball and baseball
- Is a veteran marathon runner and BB league tennis player

KATHI is a valued member of the Fit-X San Diego One on One and Group Fitness Training Team featuring certified, degreed and professional trainers, instructors and counselors uniquely qualified to assist you in

Kathi Rose

Certified Fitness Professional
Fit-X Associate Trainer
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