



## MEET YOUR TRAINER

***Lisa  
Garrity***



***"Everything in moderation."***

- Personal Trainer/Group Fitness Instructor
- Master Personal Trainer
- Post Rehabilitation Exercise Specialist
- 25+ years of Fitness Industry experience
- Fit-X San Diego Education Specialist
- Master's Degree in Education
- Bachelor's Degree in Exercise Science
- American Council on Exercise (ACE) Certified
  - ⇒ Group Fitness Instructor
  - ⇒ Personal Trainer
  - ⇒ Lifestyle and Weight Management Consultant
- Aquatic Exercise Association (AEA) Certified
- National Strength and Conditioning Assoc.
  - ⇒ Certified Personal Trainer
- American Council on Exercise Academy Faculty
  - ⇒ Continuing Education
  - ⇒ Exam Preparation
- CPR Instructor trained and certified

*LISA 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 reaching your fitness goals.*

***Lisa Garrity***

Certified Fitness Professional  
Master Level Fit-X Trainer  
**619-209-2800 ext. 4**  
[www.fitxsandiego.com](http://www.fitxsandiego.com)