



MEET YOUR TRAINER



Missy Steinfeld

***" Do the best you can comfortably.
That's perfect. "***

- Personal Trainer and Group Fitness Instructor;
Fit-X San Diego
- AFAA Certified Personal Trainer and Group
Fitness Instructor
- Specializing in: Pilates, Yoga, strength training,
and water aerobics
- Experience working with seniors and students
with physical challenges and post surgery rehab
- Experience working with endurance athletes
- Spa and resort customer service experience
- 6 years teaching fitness classes and personal
training experience
- 20 years of professional customer service
experience
- CPR Certified

***MISSY 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. Fit-X San Diego
offers in-door, out-door and water fitness
programs for groups and individuals of all
shapes and sizes.***

Missy Steinfeld

Certified Fitness Professional
Fit-X Associate Trainer
619-209-2800 ext. 17
www.fitxsandiego.com