



MEET YOUR TRAINER



Tiffany Wildfang

***"Empowering you through
Fitness and Wellness."***

- Personal Trainer and Group Fitness Instructor;
Fit-X San Diego
- Pilates Certified; Physical Mind Institute
- Yoga-Fit trained Yoga instructor
- AFAA Certified Group Fitness Instructor
- MS—Sport Management
- BS— Community Health with and emphasis in
Exercise Sport Science
- Special area of Practice: Pilates— Mind/Body,
Sports Conditioning, Strength Training,
Cardiovascular Training and Nutrition Counseling
- Volunteer American Red Cross certified instructor
and group run/race events
- 12 years fitness industry experience
- 3 years fitness management experience Georgia
Southern University
- CPR and First Aid certified

TIFFANY 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.

Tiffany Wildfang

Certified Fitness Professional

619-209-2800 ext. 30

www.fitxsandiego.com