



## MEET YOUR TRAINER



### **Jennifer Tipton**

***"Nurture the body  
with movement, feed the mind with  
knowledge."***

- Master Personal Trainer
- Group Fitness Regional Coordinator & Group Fitness Instructor, Fit-X San Diego
- ACE Certified Personal Trainer
- AFAA Certified Group Fitness Instructor
- Registered Yoga Teacher with Yoga Alliance
- YogaFit Levels 1-4, Kids, Strength and Seniors
- Certificate in Thai Yoga Therapy from White Lotus Foundation
- Star 2 Spinning Instructor
- M.A. Latin American Studies; special focus on physical fitness and the body within culture
- 10+ years experience in fitness; emphasis on core, flexibility, and mind-body training
- Co-creator of *Positively Fit*, a program that brings yoga and fitness to the HIV positive community
- International instructor; fluent in Spanish and Portuguese and
- CPR Certified

**JENNIFER TIPTON** is the Regional Group Fitness Coordinator for **Fit X San Diego** and a Master Personal Trainer and Group Fitness Instructor. Jennifer is highly qualified to assist you in reaching your fitness goals.

### **Jennifer Tipton**

Certified Fitness Professional

**Fit-X MASTER TRAINER**

**619-209-2800 ext. 12**

[www.fitxsandiego.com](http://www.fitxsandiego.com)