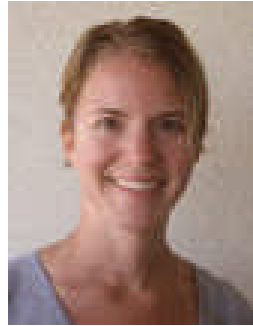




MEET YOUR TRAINER



Amanda Sallander

***“Your goals minus
your doubts equals
your reality.”***

-Ralph Marston

- Service Site Coordinator; Villas Lead Trainer; SRSRC, QC- AA,Q, and S Personal Trainer; Fit-X San Diego
- ACE (American Council on Exercise) Certified Personal Trainer
- AFAA Certified Group Fitness Instructor
- BS in Education; Bloomington-Normal, IL
- 8+ years of Fitness experience
- YogaMAX and MaxBURNfx certified.
- Specializes in core stabilization, functional and post re-hab training
- 3 years Gymnastics coaching experience
- Circus Acro-Yoga performer and dancer/actress for international resort company
- Trainer of the Month award winner and Employee of the Year award winner in previous employment
- Experience working and living abroad
- CPR, AED, Lifeguard and First Aid Certified

AMANDA is a valued member of the Fit-X San Diego One on One and Group Fitness Training Team featuring certified professional trainers and instructors 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 ages, shapes and sizes.

Amanda Sallander

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