



## MEET YOUR TRAINER



### **Aliya Lawson**

**“Accept challenges, so you can feel an exhilaration of victory.”**

**- George S. Patton**

- Yogafit Level 1-2, Yogafit Prenatal, YogaMAX, and YogaMAX with TRX certified
- Pilates, MaxBURNfx, and Indoor cycling certified
- B.A. in Law from Amaty Kazakhstan
- Has a personal motto of “Commit to be fit!”
- 5+ years of Fitness experience
- Specializes in balance and flexibility training through yoga and pilates; weight loss for men/women; cycle; core conditioning; strength .
- Enjoys working with a variety of clients, ranging from novice to expert, as well as special population.
- Personal interests include triathlons, hiking, fishing and traveling
- Fluent in Russian
- CPR, AED, and First Aid Certified

*Aliya 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*

**Aliya Lawson**  
**aliya@fitxsandiego.com**  
**858-715-8611**  
www.fitxsandiego.com