



## MEET YOUR TRAINER

**Clarice Addison**  
***“Bringing exercise to  
your environment in a  
style that fits your life.”***



- Personal Trainer: Fit-X San Diego
- AEA Certified (Aquatic Exercise Association).
- Personal Trainer and Group Exercise Leader Certificate.
- WSI, Lifeguard, and Adapted Aquatics certified.
- Associates Degree of Theology, with emphasis on leadership.
- Specializes in aquatics. Swim coach for 4 years.
- Been a life long athlete and now focuses on coaching children, volleyball, and softball.
- Participant of Aquatic Therapy Speciality Conference.
- Volunteer at ATRI conference.
- Internship with Unleashed, specializing in mixed martial arts.
- Swimming and Diving certified with the YMCA.
- CPR and First Aid Certified.

**CLARICE** 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.

### **Clarice Addison**

Certified Personal Trainer

858-715-8611

**Clarice@fitxsandiego.com**

www.fitxsandiego.com