



## MEET YOUR TRAINER

***Gabriel  
Johnson***  
***“Live Hard and  
Conquer.”***



- N.A.S.M Certified Personal Trainer
- Optimum Performance Trainer
- Yoga-Fit Trained Group Fitness Instructor
- BS in Physiology; H.S.U.
- 10+ years of Fitness experience
- Specializes in weight loss, injury prevention, sports specific, and post-rehab exercise programs
- 15yrs experience surfing and mountain biking
- 10 yrs running and 3 yrs as a Tri-athlete
- 5 years experience as a swim coach/life guard
- *Surfrider* environmental group member
- Recognized in *People* magazine for a client weight loss of over 100 lbs!
- CPR, AED, and First Aid Certified

***GABRIEL*** 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.

### ***Gabriel Johnson***

Certified Fitness Professional & Personal Trainer

**[gabriel@fitxsandiego.com](mailto:gabriel@fitxsandiego.com)**

**858-715-8611**

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