



MEET YOUR TRAINER

Jennifer Botwick

“Accept and love your body, then live to be fit and healthy in body and mind!”



- Personal Trainer: Fit-X San Diego
- ACE (American Council on Exercise) Certified Personal Trainer
- BA in Communication and Media; State University of New York at New Paltz
- Fitness Specialist Certificate; San Diego City College
- 16+ years of Fitness experience
- Specializes in Yoga and “at home” and “anywhere” programs featuring custom blends of Traditional Strength Training, Mat Pilates, Yoga, Cardio Kickbox, Swiss Ball and Plyometrics tailored to fit each client’s individual needs and goals.
- YogaFit Certified Instructor
- TRIAD (Cardio, Sculpt, Core) Instructor
- Spin, Cardio Kickbox, and Mat Pilates
- Healthy gourmet cooking specialist including food allergies and other concerns.
- Surfer, runner, hiker, biker
- CPR and AED Certified

Jennifer 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.

Jennifer Botwick

Certified Fitness Professional & Personal Trainer

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