



MEET YOUR TRAINER

Jennifer Tipton

***"Nurture the body
with movement, feed
the mind with
knowledge."***



- Master Personal Trainer
- Group Fitness Regional Coordinator & Group Fitness Instructor
- ACE Certified Personal Trainer
- AFAA Certified Group Instructor
- E-RYT with Yoga Alliance
- YogaFit Levels 1-5, Kids, Strength and Seniors
- Certificate in Thai Yoga Therapy from White Lotus Foundation
- Star 2 Spinning Instructor
- M.A. Latin American Studies; special focus on physical fitness and the body within culture
- 12+ years experience in fitness; emphasis on core, flexibility, and mind-body training
- Co-creator of *Positively Fit*, a program that brings yoga and fitness to the HIV positive community
- Creator of YogaMAX; a Fit-X San Diego specific yoga format
- International instructor; fluent in Spanish and Portuguese
- First- Aid and CPR Certified

JENNIFER TIPTON is the Regional Group Fitness Coordinator for Fit X San Diego and a Master Personal Trainer and Group Fitness Instructor. Jennifer is highly qualified to assist you in reaching your fitness goals.

Jennifer Tipton

Certified Fitness Professional

Master Level Fit-X Trainer

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