



## MEET YOUR TRAINER

### **Jessica Goldthorpe**

***“I don't care for perfection. Balance is what matters. Balance of whole health, happiness, proper education and learning to trust our gut.”***



- A.C.S.M. Certified Personal Trainer
- BS in Kinesiology; SDSU
- 5+ years of Fitness experience
- Currently enrolled at PCOM to earn a masters of traditional oriental medicine
- Working towards becoming a licensed Acupuncturist, educator, and healer.
- Specializes in weight loss, injury prevention, strength and conditioning, and optimal health.
- Lifetime of hiking experience
- 8yrs experience running and 3 yrs experience snowboarding
- CPR, AED, and First Aid Certified

**Jessica** 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.

### **Jessica Goldthorpe**

Certified Personal Trainer

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