



MEET YOUR TRAINER

Jessica Welch

***“Everyday you
have the choice to
make yourself
healthier.”***



- A.C.E. Certified Personal Trainer
- BS in Kinesiology, B.S. in Nutritional Sciences, M.S. in Exercise Physiology, M.S. in Nutritional Sciences
- 7+ years of Fitness experience
- Specializes in athletic conditioning, weight loss, functional fitness, and core strength.
- 2 years as a Fitness Director at Qualcomm
- Experience working with weight loss clients and performing exercise testing
- Completed 3 marathons; the most recent being the NYC Marathon while raising over \$2500 for the North Shore Animal League.
- Volunteers for the Physical Therapy Clinic and US Olympic Training Center
- 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 Welch

Certified Fitness Professional & Personal Trainer

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