



## MEET YOUR TRAINER

**John Galasan**  
**"Make exercise a  
lifelong commitment  
and challenge  
yourself to change!"**



- Three time Rock 'n' Roll San Diego Marathon Finisher
- La Jolla Half Marathon Finisher, 2008
- Five time Carlsbad 5000 Finisher
- 25 years of Road Cycling Experience
- "Chi Method" runner
- Nationally Certified Fit Pro, American Council on Exercise, 2004
- 17 years Extensive Strength Training and Personal Training Experience
- Extensive knowledge using free weights and machines.
- Past Participant in 5K, 10K runs throughout San Diego County
- Avid participant in Cardio Kickboxing
- Volunteered for local Triathlons setting up and executing transition areas
- 1st Place Finish -- Age group category, Rancho Santa Fe 5K Run/Walk, 1985
- 3 time marathoner and half marathon runner
- Bachelors in Psychology, UCSD, 1995
- First Aid and CPR Certified

**JOHN** is a valued member of the Fit-X San Diego One on One and Group Fitness Training Team featuring certified, degreed and professional trainers, instructors and counselors 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 shapes and sizes.

### **John Galasan**

Certified Fitness Professional

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