



## MEET YOUR TRAINER

### **Shawn Marshall**

***“If you go there in your mind, you will go there in your body. I love helping people see new possibilities!”***



- N.A.S.M. Certified Personal Trainer
- YogaFit and Kickboxing Certified
- BS in Kinesiology, with an emphasis on Fitness, Nutrition and Health; SDSU
- 10+ years of Fitness experience
- Specializes in weight loss, improving fitness levels, functional fitness, training for life outside the gym, sports conditioning and boot camps.
- Experienced in training competitive paddle boarders and triathletes.
- Interned at SDSU Sport's Strength and Conditioning Program, working with Women's Soccer, Swim and Dive and Men's Basketball.
- Personally enjoys wakeboarding, slalom waterskiing, basketball, hiking, yoga, swimming, cycling, strength training and martial arts.
- Volunteer at the Boys and Girls Club
- CPR, AED, and First Aid Certified

**Shawn** 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.

### **Shawn Marshall**

Certified Personal Trainer & Fitness Professional

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