



MEET YOUR TRAINER

Tracy Hudak

***“Do Your Best
Submit the Rest.”***



- Personal Trainer: Fit-X San Diego.
- ACE (American Council on Exercise) Certified Personal Trainer.
- Certified from the National Academy of Sports Medicine.
- Degree in Physical Education at N. Michigan University.
- Specializes in Post Rehab Training-knee, back, shoulder, hip or joint injuries.
- 15 years of fitness experience.
- Specialized with seniors, children, risk factors, arthritis, tendonitis, disk and back issues.
- Volunteers her extra time at her daughter's school.
- MVP for four years in college as an All American Track and Field runner.
- Ranked 4th for Best Bally's Personal Trainer in the United States.
- CPR and First Aid Certified.

Tracy 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.

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Certified Personal Trainer

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