



MEET YOUR TRAINER



Stephanie Rolfo

***"Get it done. Make it happen.
Practice what you preach.
You are what you eat.
Be an agent of your own change!"***

- Personal Trainer; Fit-X San Diego
- AFAA Certified Personal Trainer
- CCPTS Certified Pilates Instructor
- AFAA Certified Group Fitness Instructor
- Associates of Science Degree;
Sports Medicine/ Athletic Training
- Studying for a Doctorate in Physical Therapy
- 9 years performing experience; Dancing and
Singing in Musicals and Shows
- Instructor of the Year 2005 Camp La Jolla
- Volunteer Student Trainer College of the
Sequoias Sports Medicine Department and Head
Student Athletic Trainer for the Football Team
- 4+ years experience in fitness and coaching
- First Aid Certified
- CPR Certified

STEPHANIE 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.

Stephanie Rolfo

Certified Fitness Professional
Fit-X Associate Trainer
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