



KIKI ROBINSON

Personal Fitness Trainer

Kiki brings more than 20 years of experience working in the fitness and sports industry.

Kiki's qualifications include:

- *Masters Degree in Physical Education and Sports Administration*
- *American Council on Exercise (ACE)® Certified Personal Trainer*
- *Arthritis Foundation® Aquatic Program Leader*
- *Aquatic Exercise Association (AEA) Certified Fitness and Aquatics Specialist*
- *IDEA Health & Fitness Association® "Elite" Personal Fitness Trainer*
- *Excel Sports®, Nordic Walking Instructor*

PERSONAL TRAINING SESSION

(Includes fitness assessment to develop personalized program.)

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|--------------------|-----------|
| Club Members | \$80/hour |
| Non-Members/Guests | \$90/hour |

For questions or to schedule an appointment,
please call **619-549-3821**
or via email at **kikifit@gmail.com**.



LORI BUCHANAN

Personal Fitness Trainer & Wellness Coach

Lori brings more than 15 years of experience and expertise to the La Jolla Beach and Tennis Club.

Lori's qualifications include:

- *Aerobics & Fitness Association of America (AFAA)* certified Personal Trainer
- *Aquatic Exercise Association (AEA)* Certified Fitness and Aquatics Specialist
- *IDEA Health & Fitness Association*® "Elite" Personal Fitness Trainer
- *American College of Sports Medicine* "Wellcoaches"® Training Program
- Weight and Stress Management
- Post-Rehab Conditioning (both land and water)
- Strength Training
- Attitude and Lifestyle adjustments, as needed

PERSONAL TRAINING SESSION

(Includes fitness assessment to develop personalized program.)

Club Members \$80/hour

Non-Members/Guests \$90/hour

For questions or to schedule an appointment,
please call **619-990-5295**
or via email at **LoriBfit@san.rr.com**.