

# FITNESS MOVES

**Yoga, Pilates, Senior Fitness,  
Aqua Aerobics, Personal Training**

*SPECIALIZING IN THERAPEUTIC APPLICATIONS*

**SANDRA BUCKINGHAM**

**760-845-6602**

[fitnessmoves@roadrunner.com](mailto:fitnessmoves@roadrunner.com)

*Certified Instructor, Massage Therapist  
Medical Exercise Specialist*

**Private, semi-private & group  
classes for all levels**

**Affordable rates – packages available**

**INTRODUCTORY ONLY**

**CONSULTATION \$35!**

*Get moving today and call Sandra on 760-845-6602!*

**S**andra Buckingham, born and educated in the UK, has worked in the fitness industry for over 30 years in many capacities. Following a strong foundation in her home country leading Dance, Stretch & Calisthenics classes, she travelled extensively with her business, teaching Aqua Aerobics & Land Aerobics in Kenya, Africa; Dance & Fitness instruction in New York and Fitness Center Management in Dubai, United Arab Emirates. Arriving in San Diego in 1989, Sandra developed a successful Massage Therapy & Personal Training business, The Fitness Source. Evolving into continued exploration of Yoga and Pilates due to injuries received whilst training for Triathlons, Sandra determined that this combination, coupled with Aqua Aerobics, is a better recipe for life-long all around fitness. Sandra has made a continued commitment to learn and share the benefits of being strong, flexible and energetic and find creative ways to make exercise fun & fruitful.

## **ALL CLASSES BY APPOINTMENT**

*References available:*

**Wounded Warrior Btn. West**

**Silvergate Fallbrook  
Retirement Residence**

**MCCS Camp Pendleton**

**FOUNDER & SPOKESPERSON:  
The Fitness Trainers Association**

**PREVIOUS OWNER:  
The Fitness Source**

**INTERNATIONAL FITNESS PRESENTOR &  
EDUCATOR:**

London, New York, Kenya & Dubai

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*Other references available on request*