


Q-Life and **Fit-X San Diego** present:



Bldg AA

Fitness Schedule

Mon	Tue	Wed	Thu	Fri
<p>No Classes Happy 4th of July</p> <p>11:45am -12:30pm Triad Circuit With: Nancy</p>		<p>11:45am -12:30pm Yoga With: Kym</p>	<p>11:45am -12:30pm MaxBURNfx Class With: Mike</p>	

All fitness classes are free to Qualcomm Employees!

Class Descriptions and Information

MaxBURNfx

High calorie burning exercises performed in high intensity circuits. All fitness levels welcome.

Triad- Circuit

A balance of cardio, resistance training and functional flexibility. All fitness levels welcome.

Yoga

Based on the principles of Ashtanga yoga, Vinyasa flow is focused on moving with the breath. This class will present foundations of yoga philosophy, breathing, and basic postures along with cultivating strength, flexibility, and endurance.



For Online Class Schedules, Personal Training Specials, and General Information go to fitxsandiego.com, and click on the Q-Life logo. Contact your Fit-X San Diego fitness coordinator Heidi Verner at 858-715-8611 or heidi@fitxsandiego.com.

"Agents of Change"