

QLife



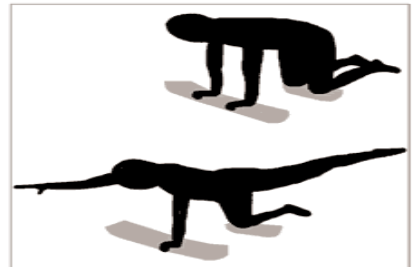
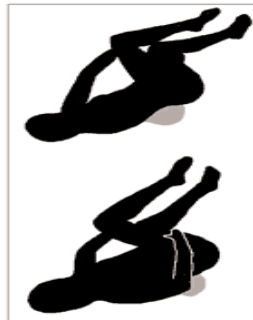
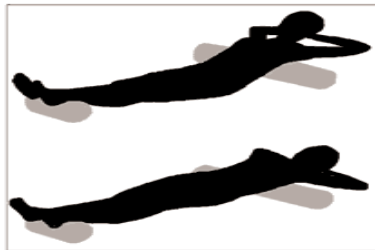
Q-Life and **Fit-X San Diego** present:

Foam Rollers

Thursday, July 28th
12:30 - 1:30pm
Meet Jessica Welch in S

- Learn and try exercises with the foam rollers
- Learn about the benefits of incorporating foam roller exercises into your workout routine
- Learn and try stretches/exercises using the foam roller
- Receive handouts with information about the foam roller and its many uses

FREE WORKSHOP



For Online Class Schedules, Personal Training Specials, and General Information go to fitsandiego.com, select "Service Site" and click on site logo.

Contact your Fit-X San Diego fitness coordinator
Heidi Verner at 858-715-8611 or heidi@fitsandiego.com.

"Agents of Change"