



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



Bldg N

Fitness Schedule

Mon	Tue	Wed	Thu	Fri
No Classes Happy 4th of July	6:30 - 7:30am Spin With: <i>Kym</i>		6:30 - 7:30am Spin With: <i>Kym</i>	
11:30 am - 12:30 pm Spin With: <i>Jennifer T.</i>		11:30 am - 12:30 pm Spin With: <i>Heidi F.</i>		11:30 am - 12:30 pm Spin With: <i>Heidi F.</i>
5:30 - 6:30pm SAS Spin-Abs-Stretch With: <i>Gisela</i>		5:30 - 6:30pm SAS Spin-Ab-Stretch With: <i>Gisela</i>		

All fitness classes are free to Qualcomm Employees!

Class Descriptions and Information

SPIN

Spin is an intense athletic cardiovascular training class performed on a stationary bike. Bikes are available on a first come, first served basis.

SPIN—S. A. S.

This is a unique class that combines:
Spinning—Ab work—Stretching all in one class. A great way to end the work day. Bikes are available on a first come first served basis.



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”