


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



Bldg Q

Fitness Schedule

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|---|---|
| <p>No Classes Happy 4th of July</p> <p>11:00 - 11:45am Turbokick With: Heidi</p> | <p>11:30am-12:15pm MaxBURNfx Class With: Heidi</p> <p>5:30 - 6:30pm Triad-Strength With: Jessica</p> | <p>11:00 - 11:45am Turbokick With: Heidi</p> | <p>11:30am - 12:15pm Yoga Core w/ Heidi F.</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- Strength** A balance of cardio, resistance training and functional flexibility using balls, bands, and weights.
- Turbokick** Turbo Kick is the revolutionary group exercise program that has changed the direction of kickboxing today. Inspired by dance, Tae Kwan Do, boxing, tai-chi and funk, this class has the hottest music, moves and combos. Created by people who understand the importance of fun!
- Yoga Core** This class will present foundations of yoga philosophy, breathing, and basic postures along with cultivating core 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"