

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



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Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>No Classes Happy 4th of July</p> <p>11:45am-12:30pm MaxBURNfx Class w/ Heidi F.</p>	<p>6:30 - 7:30am Zumba With:Heidi</p> <p><i>\$40 for 4 Classes and get 5th Class Free or \$12 Drop-in</i></p> <p>11:45am -12:30pm Triad Strength With: Nancy</p> <p>12:30 - 1:15pm Yoga With:Sarah</p>	<p>11:30 am - 12:15 pm Hard CORE w/ Jessica</p> <p><i>\$8 Drop-in or \$25/month for Unlimited classes</i></p>	<p>11:45am -12:30pm Triad Kick/Sport With: Heidi</p> <p>5:30 - 6:30pm Yoga With: Sarah</p>	<p>11:45am -12:30pm MaxBURNfx Class With: Nancy</p> <p>12:30 - 1:15pm Yoga With: Sarah</p>

All fitness classes are free to Qualcomm Employees!

Class Descriptions and Information

Hard Core Strengthen your abdominals, obliques, lower back, and glutes in this core-focused class. The exercises performed in this class will help with balance, posture, and mid-section composition.

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

Triad- Boot Camp, Kick/Sports, Strength

A balance of cardio, resistance training and functional flexibility with high intensity moves featuring either Boot Camp, Kickbox, Sports Drills or Strength Training.
Best for intermediate to advanced exercisers.

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"