


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



Bldg WT

Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>No Classes Happy 4th of July</p> <p>11:45am -12:30pm Yoga-Pilates With: Paul</p>	<p>11:45am -12:30pm Triad Circuit w/ Step With: Jennifer T.</p>	<p>11:45am -12:30pm Yoga With: Brianna</p> 	<p>11:45am -12:30pm Triad Circuit w/ Step With: Jennifer T.</p> <p>5:30 pm - 6:30pm Triad Boot Camp With: Jessica W.</p>	

All fitness classes are free to Qualcomm Employees!

Class Descriptions and Information

- Triad BootCamp** A balance of cardio, resistance training and functional flexibility with high intensity sport drills including plyometrics and many work out surprises. For intermediate to advanced exercisers.
- Triad- Circuit w/Step** A balance of cardio, resistance training and functional flexibility. The cardio portion includes the use of the step. All fitness levels welcome.
- Yoga/Pilates** Modern innovative techniques that allows the benefits of both Yoga and Pilates merged together. Tone your body, increase flexibility, reduce stress, improve posture and stabilize your core. Focus on breath and body awareness.
- 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
Jennifer Tipton at 858-715-8611 or jennifer@fitxsandiego.com.

"Agents of Change"