

Introducing

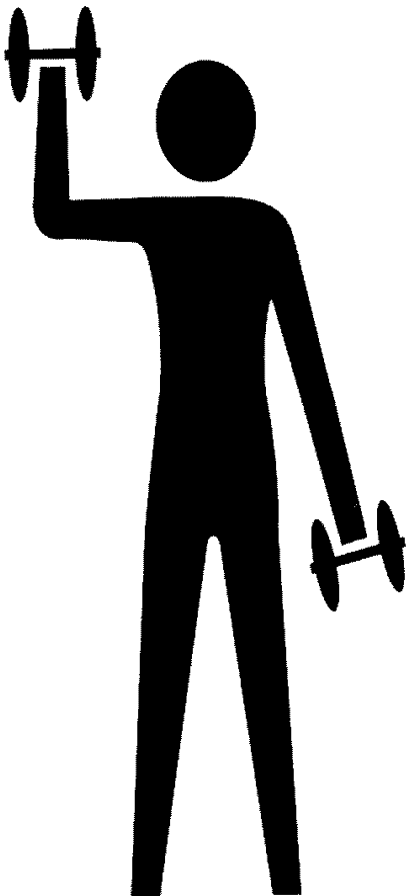
QLife Your New

Fitness Director

Jessica Welch

Fit-X San Diego is proud to have Jessica Welch overseeing your fitness needs in all Q-Life fitness centers.

Jessica will be in each building at some point every week.



She will:

- Answer basic fitness questions
- Provide basic instruction on proper use of equipment
- Coordinate fitness activities with the Health Center, Qlife and Fit-X programs.
- Enforce facility policies
- Listen to employee feedback and make equipment and programming recommendations
- And much, much, more

Please stop by and say hello.
Jessica can be contacted at:
c_jessic@qualcomm.com.
or fitness.center

