

# Gym Orientations

Fit-X San Diego and Q-Life Presents:

# Gym



# Orientations

## Thursday

## August 14th

12pm-1pm

Bldg Q

5pm-6pm

Bldg WT

QLife



### “What will this include?”

- An overview of the resistance and cardiovascular training equipment
- Basic training guidelines
- Safety, resistance level selection, seat settings and more....
- Tips on getting started and maintaining your fitness program

Receive hand outs and valuable information.

Please contact your Fitness Director Jessica Welch at e-mail [fitness.center](mailto:fitness.center) or Heidi Verner regarding personal training at [heidi@fitsandiego.com](mailto:heidi@fitsandiego.com) or 619-209-2800 ext. 8.