



Aquatera and **Fit-X San Diego** present:

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Carlsbad Half Marathon Run, Walk, Jog YOU CAN DO IT! Training Groups Forming now. Contact Vickie Hubbard, Master Trainer at victoria@fitsandiego.com</p>		3 6:30 pm Cardio Kick With Gabriel	4	5 6:30 pm Yoga Core With: Briana	6 Core Focus ←	7	
		9 Tai Chi, Taekwondo and Kick-boxing moves →	10 6:30 pm Cardio Kick With Gabriel	11	12 6:30 pm Yoga Core With: Briana	13 Hatha Yoga Based Vinyasa Flow ←	14
		16	17 6:30 pm Cardio Kick With Gabriel	18	19 6:30 pm Yoga Core With: Briana		21
	22	23 → High energy Core Strength	24 6:30 pm Cardio Kick With Gabriel	25	26 6:30 pm Yoga Core With: Briana		28
	29	30	31 6:30 pm Cardio Kick With Gabriell		Ask About our Nutritionals 	Follow us on Twitter and... 	get HOT Summer deals



For Online Class Schedules, Personal Training Specials, and General Information go to fitsandiego.com, select "Service Site" and click on site logo.

Contact your Fit-X San Diego fitness coordinator
Vickie Hubbard at 858-715-8611 or victoria@fitsandiego.com.

"Agents of Change"