

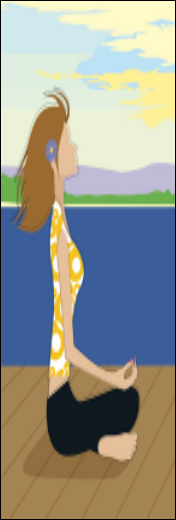




# August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Yoga &amp; Pilates</b> 7:00 pm With: Amber	3 ↔ <b>Strength, flexibility, and endurance training</b>	4 <b>Yoga &amp; Pilates</b> 7:00 pm With: Rene	5 <b>Turbo Kickbox</b> 7:00 pm With: Amber	6 ← <b>Exercises for your Legs and Core</b>	7
8	9 <b>Yoga &amp; Pilates</b> 7:00 pm With: Amber	10	11 <b>Yoga &amp; Pilates</b> 7:00 pm With: Rene	12 <b>Turbo Kickbox</b> 7:00 pm With: Amber	13 Follow us on Twitter and... 	14 get HOT Summer deals
15	16 <b>Yoga &amp; Pilates</b> 7:00 pm With: Amber	17 <b>Vinyasa flow</b> ↔ <b>Pilates Core work</b>	18 <b>Yoga &amp; Pilates</b> 7:00 pm With: Rene	19 <b>Turbo Kickbox</b> 7:00 pm With: Amber		21
22 	23 <b>Yoga &amp; Pilates</b> 7:00 pm With: Amber	24	25 <b>Yoga &amp; Pilates</b> 7:00 pm With: Rene	26 <b>Turbo Kickbox</b> 7:00 pm With: Amber	27 ← <b>High Energy</b> <b>Burn Tons of Calories</b>	28
	30 <b>Yoga &amp; Pilates</b> 7:00 pm With: Amber	31		<b>Ask About our Nutritionals</b>  Nutritionals You Can Trust™	<b>Carlsbad Half Marathon</b> Run, Walk, Jog YOU CAN DO IT! Training Groups Forming now. Contact Vickie Hubbard, Master Trainer at victoria@fitxsandiego.com	



For Online Class Schedules, Personal Training Specials, and General Information go to [fitxsandiego.com](http://fitxsandiego.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@fitxsandiego.com](mailto:victoria@fitxsandiego.com).

**"Agents of Change"**