

Classes in the Main training room.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 12:10 -12:40pm Total Body Conditioning w/ Mike Payne	3	4 12:10 -12:40pm Total Body Conditioning w/ Mike Payne	<p style="text-align: center;">Oatmeal Raisin Nutrition Bar</p> <p>Health Basics</p> <ul style="list-style-type: none"> • Healthy heart product* • 10 g of protein • 2 g of fiber • Low glycemic • Dairy free† <p>The Difference</p> <ul style="list-style-type: none"> • A low-glycemic score promotes a more sustainable source of energy compared to high sugar snacks.* <p>Oatmeal Raisin Nutrition Bar</p> <p>In your purse or in the car, it's always a good idea to have something quick and easy to eat before hunger hits. And with USANA's snack bars, you know you are getting valuable and balanced nutrition that can help you manage your weight. Nutrition Bars were developed to provide a healthy and convenient treat, adding important fiber and protein that may be left out of typical daily diets. Soy protein is important because it supports a healthy heart and cardiovascular system. The Peanut Butter Crunch Nutrition Bar has real peanut chunks and a creamy peanut taste, without a lot of calories and fat. It is a low-glycemic snack as well, and that is important because low-glycemic foods raise blood-glucose levels slowly for sustained energy, which keeps you feeling satisfied longer.* So snack freely and feel good about these great-for-you treats</p> 		
8	9 12:10 -12:40pm Total Body Conditioning w/ Mike Payne	10	11 12:10 -12:40pm Total Body Conditioning w/ Mike Payne			
15	16 12:10 -12:40pm Total Body Conditioning w/ Mike Payne	17	18 12:10 -12:40pm Total Body Conditioning w/ Mike Payne			
22	23 12:10 -12:40pm Total Body Conditioning w/ Mike Payne	24	25 12:10 -12:40pm Total Body Conditioning w/ Mike Payne			
29	30 12:10 -12:40pm Total Body Conditioning w/ Mike Payne	31				

Total Body Conditioning: A total body work-out that brings results! This class combines of cardio-aerobics, resistance training for muscle building and toning, and functional flexibility. Great for most fitness levels.



For Online Class Schedules, Personal Training Specials, and General Information go to fitxsandiego.com, select "Service Site" and click on site logo. Contact your Fit-X San Diego fitness coordinator at 858-715-8611 or fitx@fitxsandiego.com.