



August 2010

Cubic Transportation

Zen Yoga

Mondays

in the Main Building

12:00 - 12:45pm

With: Chelsea Wilson

Perform and learn yoga postures to improve flexibility, stability, and integrated total body strength. Learn breathing techniques for energy and stress relief as well as overall well being. Great for all fitness levels.

Please let your instructor know if you require exercise modifications or if you are a beginner to yoga.

Cubic Transportation Contact:
Jan Chessir, Human Resources
No Sign-Up Required for this Class



Please bring a water bottle with a lid and a towel to your class.



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.

"Agents of Change"



Cubic Transportation and Fit-X San Diego invite you to:

July 26th - Sept 16th
8 weeks of Sizzlin Summer Classes

Hardcore

Mondays

11:00am-12:00pm

Thursdays

11:00am-12:00pm
12:00pm-1:00pm

With Chelsea

Tone your body, increase flexibility, prevent injury, improve posture and core strength “functional” training moves. This class emphasizes a circuit of stability ball and circuit training style; if you have a stability ball of your own bring it!

Total Body Blast

Tuesdays

11:00am-12:00pm
12:00pm-1:00pm

With Shawn

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.

Glutes, Abs, and Legs

Wednesdays

11:00am-12:00pm

With Chelsea

Focus on the toning of the abdomen, butt and legs for muscle toning and definition. Whether you want to reduce, shred or build, this class is for YOU!

Contact Jan Chessir at 858-614-4455 or jan.chessir@cubic.com for cost information or to sign-up for these classes.



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