



August 2010

Classes are **FREE** to Mirabella Residents

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Please bring a yoga mat, water bottle with lid and a small towel to all classes.	2	3 6:30–7:30pm Yoga <i>With: Amber</i>	4	5 6:30–7:30pm Glutes, Abs, Legs <i>With: Aliya</i>	6 ← Whether you want to reduce, shred or build, this class is for YOU!	7
8	9 → Foundations of yoga philosophy, breathing, and basic postures	10 6:30–7:30pm Yoga <i>With: Amber</i>	11	12 6:30–7:30pm Glutes, Abs, Legs <i>With: Aliya</i>	13 Find a full description on the back side of this calendar	14
15	16	17 6:30–7:30pm Yoga <i>With: Amber</i>	18	19 6:30–7:30pm Glutes, Abs, Legs <i>With: Aliya</i>	20 ← Get a better Body faster!	21
	23 → Hatha Yoga Based Vinyasa Flow	24 6:30–7:30pm Yoga <i>With: Amber</i>	25	26 6:30–7:30pm Glutes, Abs, Legs <i>With: Aliya</i>	27	28
	30	31 6:30–7:30pm Yoga <i>With: Amber</i>		Ask About our Nutritional 	Carlsbad Half Marathon Run, Walk, Jog YOU CAN DO IT! Training Groups Forming now. Contact Vickie Hubbard, Master Trainer at victoria@fitsandiego.com	

ALL classes are FREE to residents and do not require sign-up. Simply join us anytime for a great workout.



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"



Welcome to the Neighborhood!



Meet your neighbors and join us at your FREE on-site fitness classes.

New Move-In Special Offer

100 minutes of Personal

Training for just \$99.00!

Call your Fitness Coordinator, Vickie Hubbard
at 858-715-8611 or email victoria@fitxsandiego.com
Tell us you are new to Mirabella,
And we will match you with a Fit-X San Diego Fitness
Professional serving your community



FREE Weight Room Orientation

This is a FREE event offered by nationally certified and qualified personal trainers.

-Body fat testing available

**Contact your Fitness Coordinator,
Vickie Hubbard at victoria@fitxsandiego.com**

To schedule yours today



GLUTES, ABS, LEGS

THURSDAYS 6:30-7:30PM



ALL levels welcome. THIS CLASS IS FREE

PLEASE BRING YOUR OWN MAT AND WEAR SHOES

Tighten up, strengthen core muscles, and sculpt your lower body to the max using a variety of routines. Whether you want to reduce, shred or build, this class is for YOU!