





# August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 6:30pm <b>Yoga</b> Game Room With: Emilia	3 6:30pm <b>CARDIO Core and More</b> Game Room With: Jessica	4 6:30pm <b>Bustin' Boot Camp</b> Game Room With: Kelly	5 6:30pm <b>Power Yoga</b> Game Room With Emilia		7
8	9 6:30pm <b>Yoga</b> Game Room With: Emilia	10 6:30pm <b>CARDIO Core and More</b> Game Room With: Jessica	11 6:30pm <b>Bustin' Boot Camp</b> Game Room With: Kelly	12 6:30pm <b>Power Yoga</b> Game Room With Emilia		14
15	16 6:30pm <b>Yoga</b> Game Room With: Emilia	17 6:30pm <b>CARDIO Core and More</b> Game Room With: Jessica	18 6:30pm <b>Bustin' Boot Camp</b> Game Room With: Kelly	19 6:30pm <b>Power Yoga</b> Game Room With Emilia	20 Follow us on Twitter and... 	21 get HOT Summer deals
22	23 6:30pm <b>Yoga</b> Game Room With: Emilia	24 6:30pm <b>CARDIO Core and More</b> Game Room With: Jessica	25 6:30pm <b>Bustin' Boot Camp</b> Game Room With: Kelly	26 6:30pm <b>Power Yoga</b> Game Room With Emilia	27	28
29	30 6:30pm <b>Yoga</b> Game Room With: Emilia	31 6:30pm <b>CARDIO Core and More</b> Game Room With: Jessica		Ask About our Nutritionals 	<u>Carlsbad Half Marathon</u> Run, Walk, Jog YOU CAN DO IT! Training Groups Forming now. Contact Vickie Hubbard, Master Trainer at victoria@fitsandiego.com	



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

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# ***Fitness Class Info.***

Classes are FREE to Monte Vista Residents

DAY/TIME	CLASS	REGULAR INSTRUCTOR	CLASS DESCRIPTIONS
Monday 6:30pm	<i><b>Yoga</b></i>	Emilia	Learn how gentle movement and breathing can improve your physical well-being, help you manage stress, gain flexibility and leave you feeling relaxed.
Tuesday 6:30pm	<i><b>CARDIO, Core and More</b></i>	Jessica	Bursts of high intensity drills combining low impact aerobics with strength training include ab work to finish class.
Wednesday 6:30pm	<i><b>Bustin' Boot Camp</b></i>	Kelly	Bustin' Boot Camp is conducted indoor utilizing a military-style format, coupled with progressive, innovative, and creative exercises using high energy music.
Thursday 6:30pm	<i><b>Power Yoga</b></i>	Emilia	Use yoga to build strength isometrically. Gain Flexibility. Understand how your core strength can help you move more freely throughout your day. End your week with this more intensive yoga class.



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