



Portofino and **Fit-X San Diego** present:

# August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 6:30 -7:30 pm <b>Kick Boot Camp</b> Club Room With: Lory	3 <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		5 6:30 -7:30 pm <b>Yoga Core</b> Club Room With: Richard	6 <b>Core Focus</b> ←	7 <b>Continental Breakfast</b> 10:00 am  Leasing Office
8	9 6:30 -7:30 pm <b>Kick Boot Camp</b> Club Room With: Lory	10 ← <b>Exercises for your Legs and Core</b>	11	12 6:30 -7:30 pm <b>Yoga Core</b> Club Room With: Richard		14 <b>Continental Breakfast</b> 10:00 am  Leasing Office
15	16 6:30 -7:30 pm <b>Kick Boot Camp</b> Club Room With: Lory		18	19 6:30 -7:30 pm <b>Yoga Core</b> Club Room With: Richard		21 <b>Continental Breakfast</b> 10:00 am  Leasing Office
22	23 6:30 -7:30 pm <b>Kick Boot Camp</b> Club Room With: Lory		25	26 <b>No fitness class</b> <b>Cooking Class</b> Call leasing office for more info	27	28 <b>Continental Breakfast</b> 10:00 am  Leasing Office
29	30 6:30 -7:30 pm <b>Kick Boot Camp</b> Club Room With: Lory	31 ← <b>Cardio Kick-boxing Sculpting with Weights</b>		<b>Ask About our Nutritionals</b> 	<b>Follow us on Twitter and...</b> 	<b>get HOT Summer deals</b>



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"**