
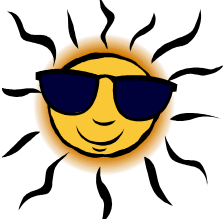




# Fitness Schedule

**August 2010: All Classes @ All Buildings**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Classes</b>		6:30 - 7:30am Bldg N <b>Spin</b> w/ Laurenn		6:30 - 7:30am Bldg N <b>Spin</b> w/ Monica	
<b>Lunch Time Classes</b>	11:00 am Bldg Q <b>Cardio Challenge</b> w/ Heidi	11:00am Bldg S <b>Triad Strength</b> w/ Mike	11:00 am Bldg Q <b>Cardio Challenge</b> w/ Heidi	11:30 am Bldg. Q <b>Yoga-Pilates</b> w/ Amanda	11:30 am - 12:30 pm <b>Spin</b> Bldg N w/ Heidi F.
<b>45 Minute Classes</b>	11:30 am - 12:30 pm <b>Spin</b> Bldg N w/ Jennifer T.	11:30 am Bldg Q <b>MaxBURNfx Class</b> w/ Heidi	11:30 am - 12:30 pm <b>Spin</b> Bldg N w/ Heidi F.	11:45am Bldg AA <b>MaxBURNfx Class</b> w/ Mike	11:45 am Bldg S <b>Triad Strength</b> w/ Jessica G.
<b>Spin Class 60 Minutes</b>	11:45 am Bldg S <b>MaxBURNfx Class</b> w/ Heidi F.	11:45am Bldg S <b>Triad Strength</b> w/ Mike	11:45 am Bldg. AA <b>Yoga-Pilates</b> w/ Amanda	11:45 am Bldg S <b>Triad Kick/Sports</b> w/ Heidi	12:30 pm Bldg S <b>Yoga</b> w/ Heidi
	11:45 am Bldg AA <b>Triad Circuit</b> w/ Gabriel	11:45 am Bldg WT <b>Triad Circuit w/ Step</b> w/ Jennifer T.	11:45 am Bldg WT <b>Yoga</b> w/ Jennifer T.	11:45 am Bldg WT <b>Triad Circuit w / Step</b> w/ Jennifer T.	
<b>After Work Classes</b>	5:30 pm Bldg N <b>SAS Spin-Ab-Stretch</b> w/ Chelsea	5:30 pm Bldg Q <b>Triad- Strength</b> w/ Jessica	5:30 pm Bldg N <b>SAS Spin-Ab-Stretch</b> w/ Chelsea	5:30 pm <b>Yoga</b> Bldg S w/ Heidi F. 5:45 pm <b>Zumba \$5 pp</b> w/ Melissa Bldg WT	

For all on-line class schedules go to:  
[www.fitsandiego.com](http://www.fitsandiego.com) and click on the Q-Life logo.

## Body Fat and Measurements -Free

Tues. August 17th 12:00pm-1:00pm @ Building N  
Thurs. August 19th 12:00pm-1:00pm @Building Q  
Fri. August 20th 12:15pm-2:00pm @Building WT  
Fri. August 27th 12:45pm-2:00pm @Building AA

## Pain Free Clinic

Wed. August 18th 11:30am-1:00pm @ Building N  
E-mail victoria@fitsandiego.com for more details

## Triathlon Transition Training

Saturdays: Sept 11, 18, and 25 9:30-10:30am @Building Q  
E-mail clarice@fitsandiego.com for more details

## Stretching Workshop

Fri. August 13th 12:30pm-1:30pm @Building WT  
Wed. August 18th 12:30pm-1:30pm @ Building N  
Thurs. August 19th 5:30pm-6:30pm @Building Q  
E-mail c\_jessic@qualcomm.com for more details

## Adult Learn to Swim: Level 1 & 2

-Session 6 Saturdays July 31, Aug 14, 21  
-Session 6 Sundays Aug 1, 15, 22  
-Session 7 Saturdays Sept 11, 18, 25  
-Session 7 Sundays Sept 12, 19, 26

Email clarice@fitsandiego.com for more details

## H2O Cardio and Toning

Tues. and Thurs. 5:30-6:30pm and Master's Swim 6:30-7:30p  
Meet at the Pool at Q. E-mail clarice@fitsandiego.com for more details