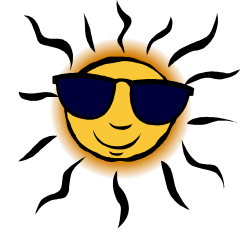




FREE TESTINGS

Fit-X San Diego and Q-Life Presents:

Body Fat



Testing and Measurements

Tues.	August 17th	12:00pm-1:00pm	@ Building N
Tues.	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

“What will this include?”

- 10 second non-invasive Body Fat Test
- Plus...Girth measurements if wanted
- Information on how to get RESULTS
- Tips on getting started and maintaining



For Online Class Schedules, Personal Training Specials, and General Information go to fitxsandiego.com, and click on the Q-Life logo. Contact your Fit-X San Diego fitness coordinator Heidi Verner at 858-715-8611 or heidi@fitxsandiego.com.

“Agents of Change”