

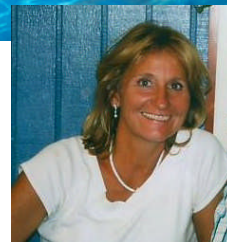


Q-Life and **Fit-X San Diego** present:

H2O Cardio and Toning

ALL Levels
Welcome

Tuesdays and
Thursdays
at Pool Behind Bldg Q
With Clarice Addison



Just \$60.00 per person for
SIX training sessions

First Session is FREE. Sessions do NOT need to be consecutive.

5:30-6:30pm Aqualogix

- Strength and Cardio in the Water that is FUN!
- No Swimming Required
- Easy on the Back and Knees
- Full Body Toning

6:30-7:30pm Master's Swim

- You don't have to be a master, but you can Master Swim!
- Swim Your Way to a Healthier Core
- Learn New Swim Strokes and Turns
- Swim a Planned Workout

- Reserve and pay for your session conveniently at www.fitxsandiego.com/qualcomm/
- Click on "Add to Cart" by the flyer link. Should the link not work, you can use our "Make Payment." button available at the top left-hand corner of our website.
- As you make payment please use the provided message area to indicate that you are enrolling for this (Aqualogix or Master's Swim at QC) if it does not already automatically come up. If you have any issues with the provided message area, simply email fitx@fitxsandiego.com with the details of your purchase.
- Cancellations received after 24 hours preceding each session and no-shows will not be refunded.
- A **minimum of 3 participants** is required to conduct this class.
- Space is available on a first paid reservation, first served basis.



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"