

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



HARD CORE **Summer Workout**

Wednesdays in Bldg. S 
and

Fridays in Bldg. WT

11:30am - 12:15pm

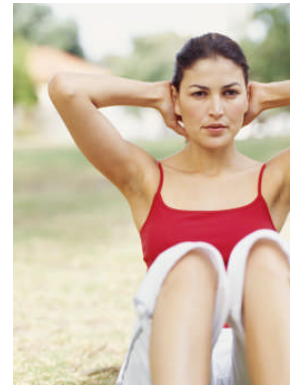
WITH: Jessica Welch



In this Training Group:

- You will be involved in core training activity.
- You will learn how to properly and effectively train your core for a sleeker middle.

\$5 per person, No Sign-up required
Cash, Check, or Credit Card Accepted at workshop.
Just show up ready to work
your core!



Questions? Contact Jessica at
c_jessic@qualcomm.com



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"