

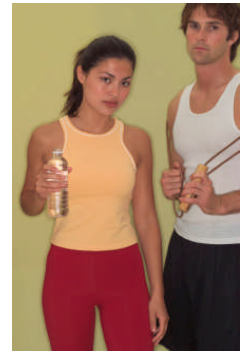


Q-Life and **Fit-X San Diego** present:

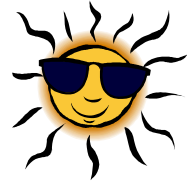
MaxBURNfx

Morning Madness

**Recruiting New Members:
Small Group Training
Wednesdays and Fridays
6:15 - 7:15am
With Lisa Garrity @ Building S**



This is a high intensity weight training mixed with cardio intervals for a maximum workout.



**\$8 per class with a monthly commitment
\$15 drop-in fee
Contact Lisag@fitxsandiego.com**

- 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 (MaxBURNfx 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.
- 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"