

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



Be Pain Free

Weak knees? Achy back? Shoulder & Neck Pain?

“Learn what exercises will help you move freely throughout your day again.”

Here’s how to schedule your Pain Free Program Design:

-Contact Vickie Hubbard at vickie@fitxsandiego.com to see if you qualify for this program.

She will schedule you for a consultation on **Friday, August 13th** at 15 minutes intervals from **11:30am-1:00pm @ Building N.**

-Upon completion of the assessment

You will be scheduled for a follow-up analysis and fitness program instruction/design which will address your under used/weak and overcompensating/tight muscles.

Meet your Corrective Exercise Specialist, **Vickie Hubbard**

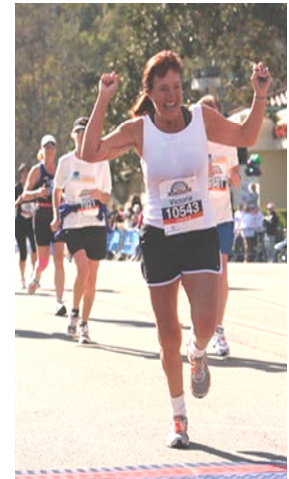
- Corrective Exercise Specialist; NASM Specializing in knees, hips, low-back, and shoulders
- 20 years of Fitness Industry Experience; 10 years as a Life Coach

Consultations are free with program

Just \$60.00 includes:

Assessment, one on one instruction and program design.

- 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 (Pain Free 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”