

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

Women's Small Group Training

Beginners Welcome



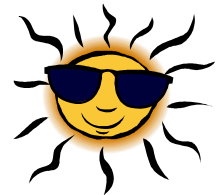
Wednesdays

3:00 - 4:00 pm

Building Q

with Heidi Verner

\$20 per Hour Session



- 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 (Heidi's SM Group at QC-Q) 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.
- The group is already formed and new participants are always welcome



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"