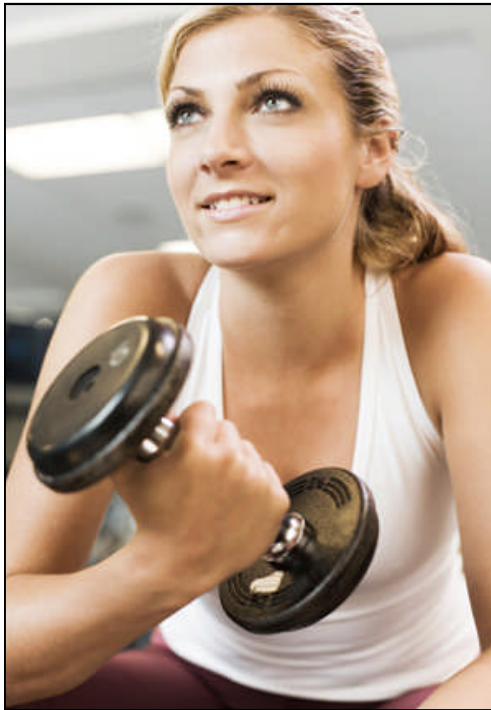


**Q-Life** and **Fit-X San Diego** present:

# Women's Small Group Training

**Beginners Welcome**



## Thursdays

### 6:30 - 7:30am

Building WT

with Heidi Verner

\$20 per Hour Session



- Reserve and pay for your session conveniently at [www.fitxsandiego.com/qualcomm/](http://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-WT) if it does not already automatically come up. If you have any issues with the provided message area, simply email [fitx@fitxsandiego.com](mailto: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](http://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](mailto:heidi@fitxsandiego.com).

**"Agents of Change"**