

# QLife

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



# Stretching Workshop



**Friday, August 13th**  
**12:30-1:30pm at Bldg WT**

**Wednesday, August 18th**  
**12:30-1:30pm at Bldg N**

**Thursday, August 19th**  
**5:30-6:30pm at Bldg Q**

# FREE SEMINAR

- This seminar is FREE and does not require sign-up
- Designed to teach you various stretches for different muscle groups
- Receive informative handouts
- Question and Answer session to follow seminar



For Online Class Schedules, Personal Training Specials, and General Information go to [fitxsandiego.com](http://fitxsandiego.com), select "Service Site" and click on site 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"**