

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



Summer Shape Up



QLife

Fridays

10:00am-10:30am

**Building Q
w/ Rudy Spencer**

**Just \$15.00 per person for 30 min
training sessions**



- 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 (Summer Shape Up 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.
- A **minimum of 4 participants** is required to conduct this class.
- 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, 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.

"Agents of Change"