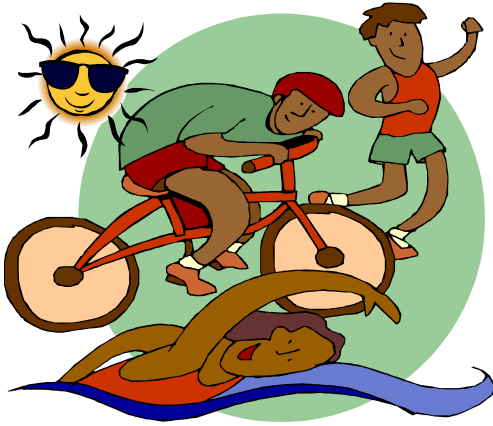


Q-Life and **Fit-X San Diego** present:

ALL Levels Welcome



Triathlon Transition

**It's about enjoying the journey
and this training will help**

Saturdays: Sept. 11, 18 and 25

9:30-10:30am at Pool at Q

With Clarice Addison

QLife

**Just \$50.00 per person for
Three training sessions**

1st Saturday: Swim

2nd Saturday: Swim and bike

3rd Saturday: Swim, bike, and run!

Our focus will be mostly on swim and the transitioning



What to Bring:

1st Saturday: Swim suit, cap, goggles and wet suit (if wearing one in competition)

2nd Saturday: All the above plus your bike and biking gear (shoes, clothes, water, sunscreen, etc.)

3rd Saturday: All the above plus your running gear

- 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 (Triathlon 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 3 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"