




August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:30am Water Aerobics With: Vickie	3 6:30pm Core Fusion With: Shawn	4 8:00am Tennis Fundamentals With: Nathan 9:30am Core Fusion With: Vickie	5 6:30pm Core Fusion With: Shawn 7:00pm Tennis Intermediate With: Nathan	6 9:30am Water Aerobics With: Clarice	7 8:30am BEST With: Lory 9:30am Yoga With: Judy
8	9 9:30am Water Aerobics With: Vickie	10 6:30pm Core Fusion With: Shawn	11 8:00am Tennis Fundamentals With: Nathan 9:30am Core Fusion With: Vickie	12 6:30pm Core Fusion With: Shawn 7:00pm Tennis Intermediate With: Nathan	13 9:30am Water Aerobics With: Clarice	14 8:30am BEST With: Lory 9:30am Yoga With: Judy
15	16 9:30am Water Aerobics With: Vickie	17 6:30pm Core Fusion With: Shawn	18 8:00am Tennis Fundamentals With: Nathan 9:30am Core Fusion With: Vickie	19 6:30pm Core Fusion With: Shawn 7:00pm Tennis Intermediate With: Nathan	20 9:30am Water Aerobics With: Clarice	21 8:30am BEST With: Lory 9:30am Yoga With: Judy
22	23 9:30am Water Aerobics With: Vickie	24 6:30pm Core Fusion With: Shawn	25 8:00am Tennis Fundamentals With: Nathan 9:30am Core Fusion With: Vickie	26 6:30pm Core Fusion With: Shawn 7:00pm Tennis Intermediate With: Nathan	27 9:30am Water Aerobics With: Clarice	28 8:30am BEST With: Lory 9:30am Yoga With: Judy
29	30 9:30am Water Aerobics With: Vickie	31 6:30pm Core Fusion With: Shawn	Carlsbad Half Marathon Run, Walk, Jog YOU CAN DO IT! Training Groups Forming now. Contact Vickie Hubbard, Master Trainer at victoria@fitsandiego.com		Follow us on Twitter and... 	get HOT Summer deals



For Online Class Schedules, Personal Training Specials, and General Information go to fitsandiego.com, select "Service Site" and click on site logo.

Contact your Fit-X San Diego fitness coordinator Vickie Hubbard at 858-715-8611 or victoria@fitsandiego.com.

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Fitness Class Info.

DAY/TIME	LOCATION	CLASS	REGULAR INSTRUCTOR	CLASS DESCRIPTIONS
Monday 9:30am Friday 9:30am	The Club Pool	WATER AEROBICS	Vickie Clarice	Experience the power of working it out in the water. Low impact and great for all ages, shapes and sizes. You need not know how to swim. Your head will not be submerged, but your hair will get wet!
Tuesdays 6:30pm Wednesday 9:30am Thursdays 6:30pm	The Arbor in the Park	Core Fusion	Shawn Vickie Shawn	Encompassing balance work, Yoga Asana, strength, and functional training. Please bring a yoga mat and a water with you.
Saturday 8:30am	The Arbor in the Park	BEST	Lory	Experience BEST class. Stabilize your core, Maximize your endurance, Beef up your balance and Super-size your strength!
Saturday 9:30am	The Arbor in the Park	Yoga	Judy	Perform and learn Yoga postures that lead to flexibility, stability and integrated strength. Learn breath for energy and stress release.

ALL FITNESS LEVELS WELCOME ALWAYS



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Stonecrest Village and Fit X San Diego present....

H2O **Aerobics 2010**

Mondays 9:30am
With: Vickie

Fridays 9:30am
With: Clarice

Get ready to get wet, get fit and have fun!
No swim experience required.
No cute suits required.
GREAT for all ages, shapes, and sizes.
Bring a water and a towel with you,
And please wear sunscreen



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