

Torrey Villas and **Fit-X San Diego** present:

Vinyasa Yoga

August 7th and 21st
September 3rd and 17th
9:00 - 10:00am
With Shawn Marshall
At Torrey Villas by the Pool

Learn how gentle movement and breathing can improve your physical well-being, help you manage stress, gain flexibility and leave you feeling relaxed.



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
Amanda Sallander at 858-715-8611 or amanda@fitsandiego.com.

"Agents of Change"