

# August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 6:30 -7:30 pm <b>Mat Dilates</b> With: Jennifer B	3 6:45-7:45pm <b>Yoga</b> With: Sylvia	4 6:00 - 7:00pm <b>ZUMBA</b> With: Tamika	5 6:30-7:30pm <b>KICK BOOTY</b> With: Jennifer B	6	7 10:00-11:00am <b>Power Yoga</b> With: Gabriel 10:00-11:00am <b>H2O Aerobics</b> With: Lory
8	9 6:30 -7:30 pm <b>Mat Dilates</b> With: Jennifer B	10 6:45-7:45pm <b>Yoga</b> With: Sylvia	11 6:00 - 7:00pm <b>ZUMBA</b> With: Tamika	12 6:30-7:30pm <b>KICK BOOTY</b> With: Jennifer B	13	14 10:00-11:00am <b>Power Yoga</b> With: Gabriel 10:00-11:00am <b>H2O Aerobics</b> With: Lory
15	16  6:30 -7:30 pm <b>Mat Dilates</b> With: Jennifer B	17 <b>Structural Yoga Therapy</b> 6:00 -6:45 pm With: Amanda 6:45-7:45pm <b>Yoga</b> With: Sylvia	18 6:00 - 7:00pm <b>ZUMBA</b> With: Tamika	19 6:30-7:30pm <b>KICK BOOTY</b> With: Jennifer B	20 	21 10:00-11:00am <b>Power Yoga</b> With: Gabriel 10:00-11:00am <b>H2O Aerobics</b> With: Lory
22 	23 6:30 -7:30 pm <b>Mat Dilates</b> With: Jennifer B	24 6:45-7:45pm <b>Yoga</b> With: Sylvia	25 6:00 - 7:00pm <b>ZUMBA</b> With: Tamika	26 6:30-7:30pm <b>KICK BOOTY</b> With: Jennifer B	27	28 10:00-11:00am <b>Power Yoga</b> With: Gabriel 10:00-11:00am <b>H2O Aerobics</b> With: Lory
	30 6:30 -7:30 pm <b>Mat Dilates</b> With: Jennifer B	31 6:45-7:45pm <b>Yoga</b> With: Sylvia		Ask About our Nutritional 	Follow us on Twitter and... 	get HOT Summer deals



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  
Amanda Sallander at 858-715-8611 or [amanda@fitxsandiego.com](mailto:amanda@fitxsandiego.com).

"Agents of Change"

# Fitness Class Info.

DAY/TIME	CLASS	REGULAR INSTRUCTOR	CLASS DESCRIPTIONS
Monday 6:30pm	<b>Mat Pilates</b>	Jennifer	Learn how gentle movement and breathing can improve your physical well-being, help you manage stress, gain flexibility and leave you feeling relaxed.
Tuesday 6:45pm	<b>Yoga</b>	Sylvia	Learn how gentle movement and breathing can improve your physical well-being, help you manage stress, gain flexibility and leave you feeling relaxed.
Wednesday 6:00pm	<b>ZUMBA</b>	Tamika	Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Movements are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA .
Thursday 6:30pm	<b>Kick Booty</b>	Jennifer	A great total body work out! This triad class includes: -1/3rd easy to follow cardio kickboxing, -1/3rd Sculpting with weights, and -1/3rd Pilates for your legs and core.
Saturday 10:00am	<b>Power Yoga</b>	Gabriel	Learn you can improve your physical well-being, help you manage stress, gain flexibility and leave you feeling relaxed, while powering up your yoga practice.
Saturday 10:00am	<b>Water Aerobics</b>	Lory	Get ready to get wet, get fit and have fun! No experience required. You don't have to be a swimmer

## **Structural Yoga Therapy** **Tuesday, August 17th 6:00pm-6:45pm** **with Amanda Sallander**

Assess your own body through posture and alignment analysis to help avoid/manage pain and injury. Learn joint freeing exercises pertaining to your body type and the areas in which you most need to strengthen, stretch, and focus on for proper movement.



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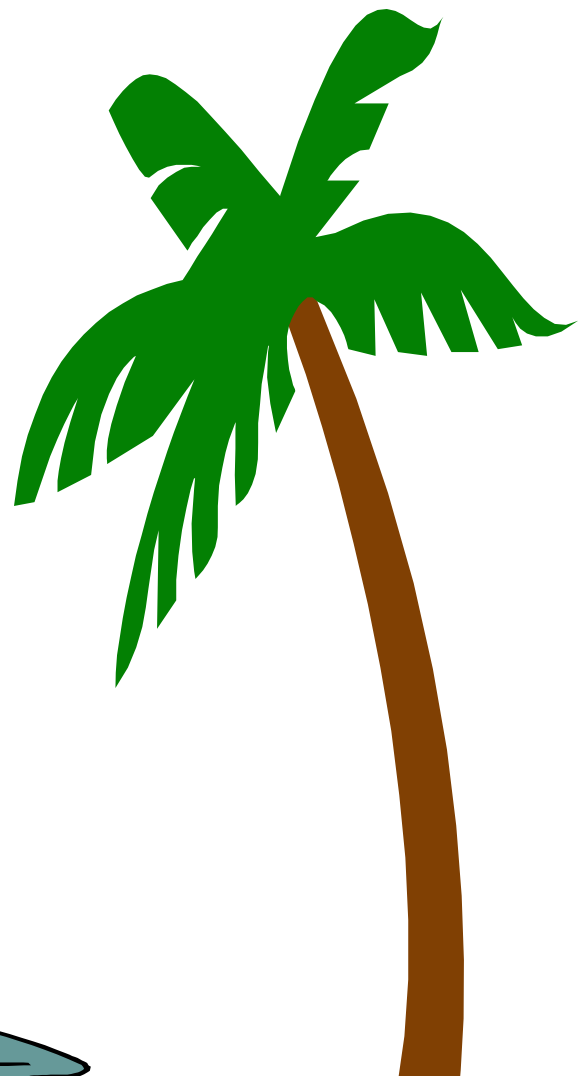
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*Villas of Renaissance* and **Fit-X San Diego** present:

# H2O AEROBICS

**Saturdays**  
**10:00am-11:00am**  
**At The Villas' Pool**  
**With Lory**

Get ready to get wet,  
get fit and have fun!  
No experience required.  
You don't have to be a swimmer.



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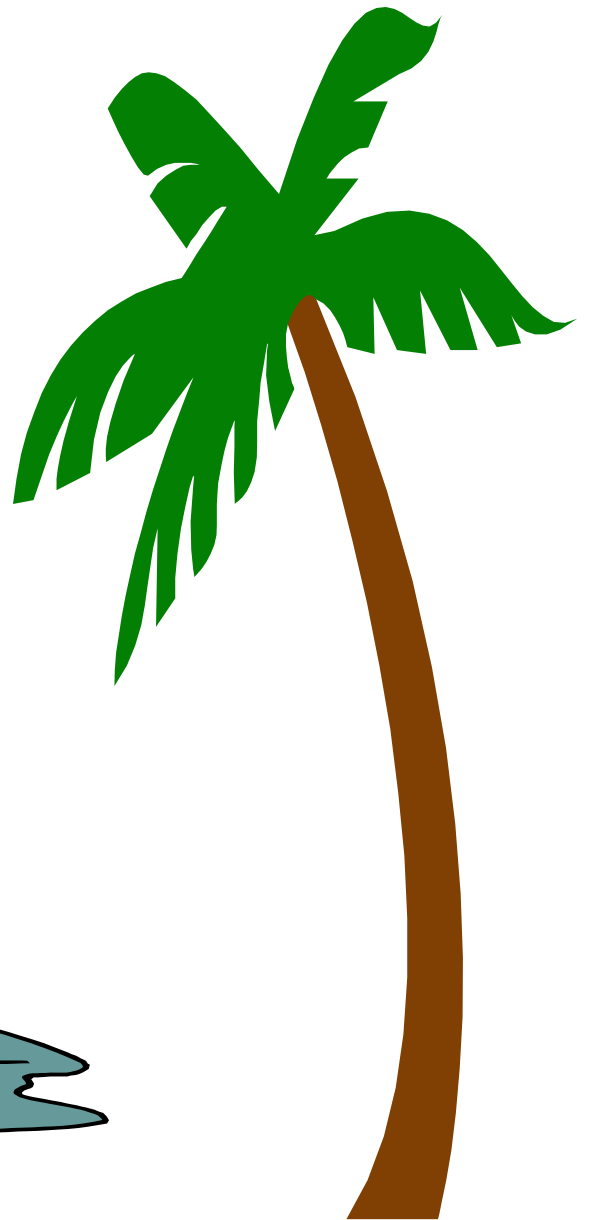
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*Torrey Ridge* and **Fit-X San Diego** present:

# H2O AEROBICS

**Saturdays**  
**10:30-11:30am**  
**At the Lap Swim Pool**  
**With Chelsea**

Get ready to get wet,  
get fit and have fun!  
No experience required.  
You don't have to be a swimmer.



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