

Fitness Classes



Carlsbad Half Marathon

Run, Walk, Jog
YOU CAN DO IT! Training
Groups Forming now.
Contact Vickie Hubbard,
Master Trainer at
victoria@fitxsandiego.com



Sweat towel
and a water bottle
are recommended
for all classes.
Please bring an
exercise mat or
beach sized towel
for floor work.

August 2010 Fitness Classes

Mondays 6:30 pm **Total Body Work Out**
In the multi-purpose room with Yoshi

Wednesdays 6:30 pm **Total Body Work Out**
In the multi-purpose room with Clarice
Gym Orientation follows class the 3rd Wednesday each month

Saturdays 8:30 am **Total Body Work Out**
In the multi-purpose room with Yoshi
Gym Orientation follows class the 1st Saturday each month

Class Description:

Cardio/Endurance to incorporate kickbox and athletic moves with some STEP Strength/Core training using free weights, elastic tubing, functional movement in a fun, whole-body work out that gets results!

Purchase your Work-Out Card at the front window:

10 Class Card \$20.00 = Only \$2.00 each!

Drop In Classes

\$3.00 each for members or \$4.00 each for guests



For more information call the Westwood Club at 858-485-6300.
Classes are taught by certified fitness professionals from
Fit-X San Diego. Call 858-715-8611 or E-mail: vickie@fitxsandiego.com

"Agents of Change"