



Group Fitness + Mind/Body Jam Session

Calling all Fit-X San Diego Fit Pros ONLY!

**Join Jennifer Tipton
for the great moves jam session.**

Bring your favorite choreo block, yoga flow or pose, boot camp drill, strength/toning combo, pilates plank and more....

Friday June 8th, 2012

2:45pm-3:45pm

Immediately following the all-team meeting taking place 1:30pm-2:30pm

At Scripps Ranch Swim and Racquet Club

Jammers wanting to share moves please include the format you'd like share in your RSVP so Jennifer can plan accordingly.

Please bring your movement series written on an index card so your fellow team members can take a picture of it and merge it with their moves.

Learn, share, jump in and try it!

Work out with your fellow Team Fit-x San Diego Pros.



Event Location:

Scripps Ranch Swim
and Racquet Club
9875 Aviary San
Diego, CA 92131

RSVP Instructions:

E-mail your name
and
fitx@fitxsandiego.com
By Monday 6/4/12.

Jammers wanting to
share moves please in-
clude that in your RSVP.

FIT-X SAN DIEGO

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