



**Testing
FREE**

Fit-X San Diego and Q-Life Presents:

Body Fat Testing and Measurements

Tues.	July 13th	11:00am-1:00pm	@ Building S
Fri.	July 16th	12:45pm-1:45pm	@Building AA
Tues.	July 20th	11:00am-1:00pm	@Building Q
Tues.	July 27th	11:00am-1:00pm	@Building WT

“What will this include?”

- 10 second non-invasive Body Fat Test
- Plus...Girth measurements if wanted
- Information on how to get RESULTS
- Tips on getting started and maintaining



For Online Class Schedules, Personal Training Specials, and General Information go to fitxsandiego.com, and click on the Q-Life logo.
Contact your Fit-X San Diego fitness coordinator Heidi Verner at 858-715-8611 or heidi@fitxsandiego.com.

“Agents of Change”