

February Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Check out our 2 for 1 Training Special See our flyer for more details Please contact Jennifer Umberger at 858-715-8611 or at jenu@fitxsandiego.com</p>			<p>1 6:30-7:30pm ZUMBA With: Yasmile</p>	<p>2 6:30-7:30pm <i>Kick</i> <i>Booty</i> <i>Combo</i> With: Jennifer</p>	<p>3</p>	<p>4 10:00-11:00am Vinyasa Yoga With: Jennifer</p>
<p>5</p>	<p>6 6:30-7:30 pm <i>Mat</i> <i>Pilates</i> With: Jennifer</p>	<p>7 6:30-7:30pm Yoga With: Kym</p>	<p>8 6:30-7:30pm ZUMBA With: Yasmile</p>	<p>9 6:30-7:30pm <i>Kick</i> <i>Booty</i> <i>Combo</i> With: Jennifer</p>	<p>10</p>	<p>11 10:00-11:00am Vinyasa Yoga With: Jennifer</p>
<p>12</p>	<p>13 6:30-7:30 pm <i>Mat</i> <i>Pilates</i> With: Jennifer</p>	<p>14 6:30-7:30pm Yoga With: Kym</p>	<p>15 6:30-7:30pm ZUMBA With: Yasmile</p>	<p>16 6:30-7:30pm <i>Kick</i> <i>Booty</i> <i>Combo</i> With: Jennifer</p>	<p>17</p>	<p>18 10:00-11:00am Vinyasa Yoga With: Jennifer</p>
<p>19</p>	<p>20 6:30-7:30 pm <i>Mat</i> <i>Pilates</i> With: Jennifer</p>	<p>21 6:30-7:30pm Yoga With: Kym</p>	<p>22 6:30-7:30pm ZUMBA With: Yasmile</p>	<p>23 6:30-7:30pm <i>Kick</i> <i>Booty</i> <i>Combo</i> With: Jennifer</p>	<p>24 6:30-7:30pm Zumba Carnival Dance Party</p>	<p>25 10:00-11:00am Vinyasa Yoga With: Jennifer</p>
<p>26</p>	<p>27 6:30-7:30 pm <i>Mat</i> <i>Pilates</i> With: Jennifer</p>	<p>28 6:30-7:30pm Yoga With: Kym</p>	<p>29 6:30-7:30pm ZUMBA With: Yasmile</p>			



For Online Class Schedules, Personal Training Specials, and General Information go to fitxsandiego.com, select "Service Site" and click on site logo.
Contact your Fit-X San Diego fitness coordinator
Jennifer Umberger at 858-715-8611 or jenu@fitxsandiego.com.

"Agents of Change"

Villas of Renaissance and Fit-X San Diego present:

Zumba Carnaval

Friday, February 24th

6:30 - 7:30 pm

At Villas Fitness Center

With Yasmile

It is a special Zumba party with a Carnival theme!

- We encourage participants to wear carnival costumes that you can Zumba in to this intense, high-energy, Zumba dance party with Latin and international beats.
- The costume must be able to perform Zumba cardio routine.
- Carnival is all about bright colors and fun times, so be creative.
- Please also wear comfortable shoes.



“What’s your reason for loving exercise?”

Be a part of the conversation on Fit-X’s Twitter and Facebook Page (#reason)



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