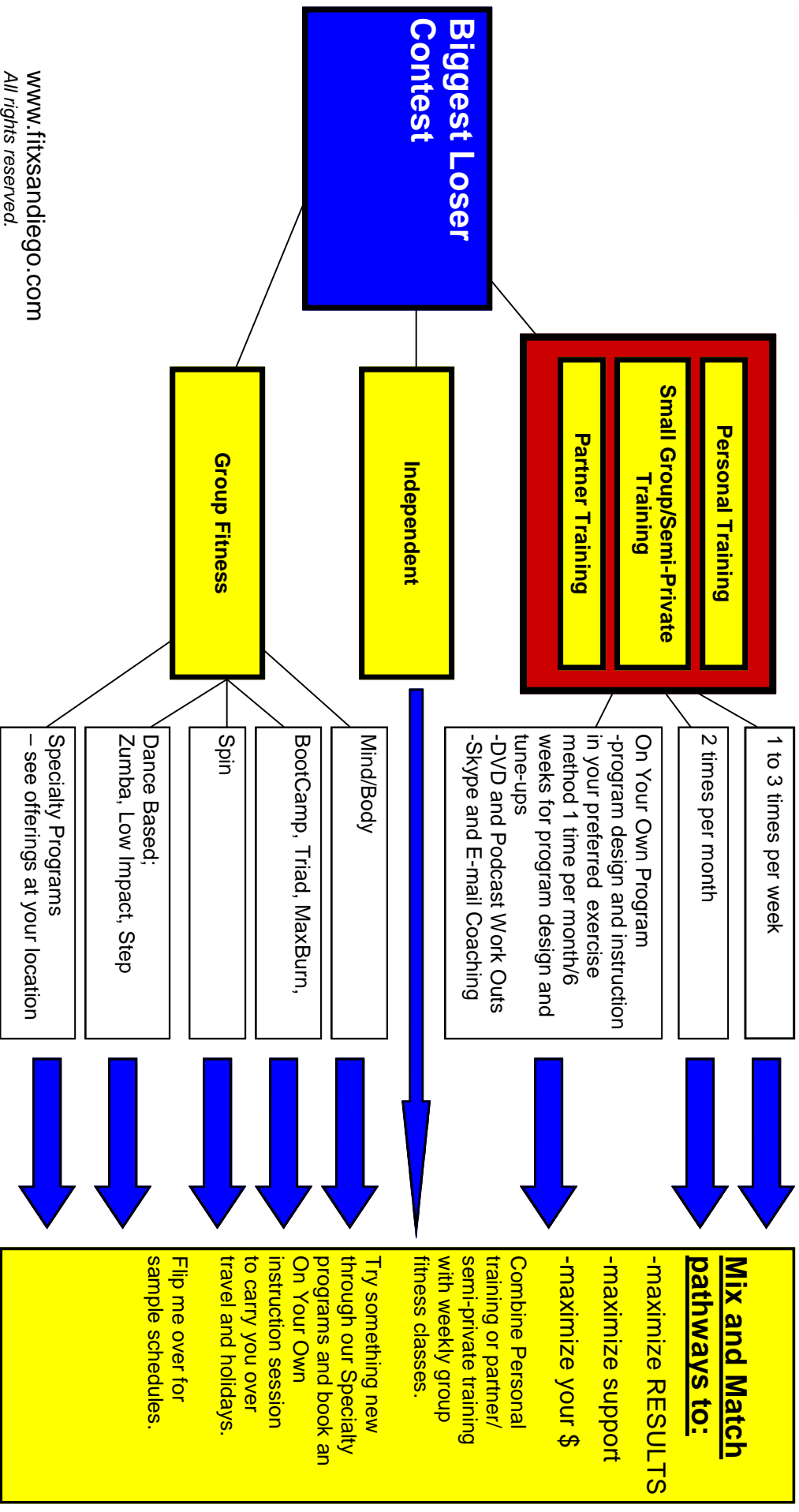


Pathways to Fitness

Studies show that individuals who continue to participate in some level of organized fitness program achieve and maintain RESULTS!





Pathways to Fitness Sample Weekly Schedules

Check out these weekly scheduling formulas for success!

- There's a plan to
- Pump Up the Power of your Weekend with personal training,
 - another to WorkOut Your Weekdays,
 - Motivate you on Mondays
 - and even keep Movin' With Your Friends.

They all maximize free classes available at Qualcomm and leverage your fitness dollars. **Mix, Match and get RESULTS!**

Sample

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Group Fitness Class	On Your Own	Group Fitness Class	On Your Own	Lunchtime walk	Personal Training Session
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Walk	Group Fitness Class	Personal Training Session	Group Fitness Class	Partner Training Session		On Your Own
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Personal Training Session	On Your Own	Group Fitness Class	On Your Own	To work out or not to work out, that is the question.	On Your Own
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

My Exercise Plan

www.fixsandiego.com
#blcfiTX

Pick a Pathway, change your pathway, mix and match your Pathway to RESULTS! Have FUN on the way!
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