



# Class Descriptions and Information



- Cardio Challenge** A total body workout using Kickboxing drills, basic step choreography and boot camp style drills. All designed to burn calories and work every major muscle group including your abs.
- MaxBURNfx** Designed by Fit-X San Diego, these classes include high calorie burning exercises performed in high intensity circuits. Maximum Burn! Maximum Results! Maximum Fun!
- Pilates** Cultivate strength, flexibility, and endurance plus core strength training that will redefine your body with long line and lean muscle thru mat Pilates movements
- SPIN** Spin is an intense athletic cardiovascular training class performed on a stationary bike. Bikes are available on a first come, first served basis.
- SPIN—S. A. S.** This is a unique class that combines: **Spinning—Ab work—Stretching** all in one class. A great way to end the work day. Bikes are available on a first come first served basis.
- Triad- Boot Camp** A balance of cardio, resistance training and functional flexibility with high intensity sport drills including plyometrics and many work out surprises. Best for intermediate to advanced exercisers.
- Triad- Circuit** A balance of cardio, resistance training and functional flexibility. All fitness levels welcome.
- Triad- Kick/Sports** A balance of cardio, resistance training and functional flexibility using kickboxing and sports drills. All fitness levels welcome.
- Triad- Strength** A balance of cardio, resistance training and functional flexibility using balls, bands, and weights.
- Yoga** Based on the principles of Astanga yoga, Vinyasa flow is focused on moving with the breath. This class will present foundations of yoga philosophy, breathing, and basic postures along with cultivating strength, flexibility, and endurance.
- Yoga-Pilates** Modern innovative techniques that allows the benefits of both Yoga and Pilates merged together. Tone your body, increase flexibility, reduce stress, improve posture and stabilize your core. Focus on breath and body awareness.
- Zumba** The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA.

## CLASS PARTICIPATION:

**For Personal Training; One-On-One, Partner or Small Group, call your Fit-X service coordinators:**

**At 858-715-8611 or**

**Heidi Verner [heidi@fitxsandiego.com](mailto:heidi@fitxsandiego.com) (All other Buildings)**

**Jennifer Tipton [Jennifer@fitxsandiego.com](mailto:Jennifer@fitxsandiego.com) (Building WT)**

## Contact Information:

- Jessica Welch– Fitness Director [c\\_jessic@qualcomm.com](mailto:c_jessic@qualcomm.com)
- Please report any fitness center concerns to e-mail: [fitness\\_center](mailto:fitness_center).
- For all on-line class schedules go to [www.fitxsandiego.com](http://www.fitxsandiego.com) and click on the Q-Life logo.

