

Portofino and **Fit-X San Diego** present:

Fitness Classes

Fitness classes are FREE to Portofino residents.



SEPTEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 6:30 -7:30 pm Cardio Kickbox Club Room with Shelby	4 	5 Continental Breakfast 10:00 am Leasing Office
6	7 No class Today. Labor Day	8	9	10 6:30 -7:30 pm Cardio Kickbox Club Room with Shelby	11	12 Continental Breakfast 10:00 am Leasing Office
13	14 6:30 -7:30 pm Body Sculpt Club Room with Megan	PLEASE BRING YOUR OWN MAT TO ALL CLASSES!		17 6:30 -7:30 pm Cardio Kickbox Club Room with Shelby	18 	19 Continental Breakfast 10:00 am Leasing Office
20	21 6:30 -7:30 pm Body Sculpt Club Room with Megan	22	23	24 6:30 -7:30 pm Cardio Kickbox Club Room with Shelby	25	26 Continental Breakfast 10:00 am Leasing Office
27	28 6:30 -7:30 pm Body Sculpt Club Room with Megan	29	30			



For Online Class Schedules, Personal Training Specials, and General Information go to fitsandiego.com, select "Service Site" and click on site logo.

Contact your Fit-X San Diego fitness coordinator
Fawn Lofton at 619-209-2800 ext. 3 or fawn@fitsandiego.com.

"Agents of Change"



Portofino and
Fit-X San Diego present:



CARDIO Kickboxing

Thursday Night

6:30-7:30pm

With your Fit-X Instructor,
SHELBY

In the Game Room



This is a high energy class that is conducted indoors utilizing a martial arts style format, coupled with progressive, innovative, and creative exercises using high energy music.

Lots and Lots of abdominal exercises!

**This program is about having FUN,
being motivated,
and seeing REAL results!**



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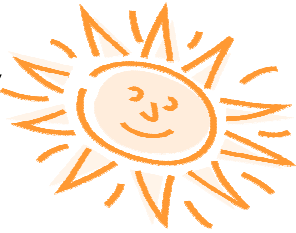
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Portofino and
Fit-X San Diego present:

Body Sculpt

Monday



Nights

6:30-7:30pm

With Megan

No Class Labor Day, Sept. 7th



Muscle movements for strength training and sculpting for a great physique.



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3 Training Sessions for Just \$99.00

Includes 3 –30 minute personal training sessions and consultation.

- **Weight/Fat Loss!**
- **Mind/Body Tech**
- **Get started!**
- **Freshen up!**
- **Reach New Peaks!**
- **Muscle Makeover!**

- This offer valid 9/1/09 thru 9/30/09.
- A maximum of 2 sets of 3 (*or 6 sessions*) for \$99 price per person.
- New clients only, please.
- *Session scheduling subject to trainer availability.*



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