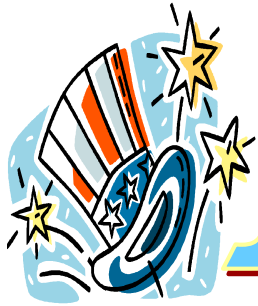




SCRIPPS RANCH SWIM & RACQUET CLUB

Scripps Ranch Swim & Racquet Club
and **Fit-X San Diego** present:



AquaFit

July 2010

Mon	Tue	Wed	Thu	Fri	Sat
8:30am <i>With: Vijay</i>		8:30am <i>With: Amanda</i>		8:30am <i>With: Val</i>	8:30am <i>With: Vijay</i>
5:30pm <i>With: Val</i>		5:30pm <i>With: Val</i>			

CLASS	CLASS DESCRIPTION
<i>Aquafit</i>	Cardio movements combined with resistance training in a fun and refreshing aquatic environment. Enjoy the ultimate in non-impact pool exercise!



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
Heidi Verner at 858-715-8611 or heidi@fitxsandiego.com.

"Agents of Change"