

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

# MaxBURNfx

**Maximum Burn! Maximum Results!  
Maximum Fitness Fun!**

**Small Training Group**

**Tuesdays**

**10:00am - 11:00am**

**Begins February 9th**

**With Jamie Sarbacher**

***This training will be conducted as a small group personal training session. 2/9-3/16***

**Just \$25.00 per person per work out**

*Just \$150.00 for the entire MaxBURNfx Training system 2/9-3/16.*

- Reserve and pay for your registration at [www.fitxsandiego.com](http://www.fitxsandiego.com) by February 5th.
- Click on "Make Payment."
- As you make payment please use the provided message area to indicate that you are enrolling for this workout (SRSRC: MaxBURNfx w Jamie).
- A reservation confirmation will be remitted via e-mail.
- Cancellations received after 24 hours prior to class or no shows will not be refunded.
- A **minimum of 3 participants** is required to conduct this training group.
- Group will be limited to a **maximum of 6 participants**.
- Space is available on a first paid reservation first served basis.
- You will be required to complete a participation waiver.
- This will be done immediately preceding your workout.



SCRIPPS RANCH SWIM & RACQUET CLUB



For Online Class Schedules, Personal Training Specials, and General Information go to [fitxsandiego.com](http://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](mailto:heidi@fitxsandiego.com).

**"Agents of Change"**

# MaxBURNfx

Is Here for 2010

Maximum Burn! Maximum Results!

Maximum Fitness Fun!

If not 2010, then when?!

## MaxBURNfx Classes

High calorie burning exercises performed  
in high intensity circuits.

## MaxBURNfx Training Groups

Contact Heidi@fitxsandiego.com  
to put your power packed training group together.  
Affordable measured results training.

## MaxBURNfx+Reset

Exercise and Nutrition for maximum results!



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# MaxBURNfx

**Maximum Burn! Maximum Results!  
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**Small Training Group  
Mondays and Wednesdays  
12:00pm - 12:45pm  
Begins February 8th  
With Tracey Hudak**



SCRIPPS RANCH SWIM & RACQUET CLUB

**Just \$20.00 per person per work out**

*Just \$240.00 for the entire MaxBURNfx Training system 2/8-3/15.*

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- Click on "Make Payment."
- As you make payment please use the provided message area to indicate that you are enrolling for this workout (SRSRC: MaxBURNfx w Tracey).
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