


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

AquaFit

Mon	Tue	Wed	Thu	Fri	Sat
<p><i>*No Water classes held 5/28 Memorial Day</i></p> <p>9:00am With: Clarice</p> <p>5:30pm With: Val</p>		<p>9:00am With: Clarice</p> <p>5:30pm With: Val</p>		<p>9:00am With: Val</p>	<p>9:00am With: Clarice</p> 
CLASS		CLASS DESCRIPTION			
Aquafit		<p>Cardio movements combined with resistance training in a fun and refreshing aquatic environment.</p> <p>Enjoy the ultimate in non-impact pool exercise!</p>			



For Online Class Schedules, Personal Training Specials, and General Information go to fitsandiego.com, select "Service Site" and click on the Scripps Ranch logo. Contact your Fit-X San Diego fitness coordinator Heidi Verner at 858-715-8611 or heidi@fitsandiego.com.

"Agents of Change"