

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

Experience the Benefits of Training

In just 30 minutes we will cover:

- First 10 minutes: We will review your 2012 fitness goals, and take your bodyfat, BMI, and body circumference measurements
- Next 15 minutes: This is the educational segment, where you will learn all about strength training, cardio, flexibility, and nutrition.
- Last 5 minutes: You will have an introduction to current 2012 customized programs. Rudy will help find the right one for you.

Contact Rudy Spencer at rudy@fitxsandiego to set up your 30 minute appointment and experience the benefits of training!



For Online Class Schedules, Personal Training Specials, and General Information go to fitxsandiego.com, and click on the service site logo.

Contact your Fit-X San Diego fitness coordinator
Heidi Verner at 858-715-8611 or heidi@fitxsandiego.com.

"Agents of Change"