

Fit-X San Diego presents:

Shredded Arms & Abs

Wednesdays 5:30 - 6:15pm

No Class Jan. 1st

Meet Trainer Nancy at the tables
on the grass behind the gym

It's a new year, time to create a new you!
Get stronger, sculpted, and more
defined arms and abs.
It's sure to make you flex!

Only \$10 a class!

Get Personal Training attention but share the cost!!

- Reserve and pay for your session conveniently at www.fitxsandiego.com
- Cancellations received after 24 hours preceding the session and no-shows will not be refunded.
- **A Minimum of 4 participants is required for session to be held.**



Meet Nancy Tengan *"Don't give up...Change will come!"*

Certifications:

- NASM Personal Trainer
- Group Fitness Instructor

Other Specializations:

- 20+ years of fitness experience
- Sports specific/Performance enhancement

Fit-X San Diego: Your Authorized Fitness Provider!



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Look for Fit-X Fitness Here:



Find your fitness schedule online at
Fitxsandiego.com/SRSRC