



## Vitamin Injections

Shots starting at \$25

No Appointment Needed

For more information, please visit our website!

[www.atmyprime.com](http://www.atmyprime.com)

### Every Monday

#### **Yoga Six 4s Ranch:**

8:45am & 10am  
16625 Dove Canyon Rd

#### **Yoga Six Carlsbad:**

WILL RESUME IN SEPTEMBER  
1905 Calle Barcelona Suite 238

#### **Yoga Six Solana Beach:**

WILL RESUME IN SEPTEMBER  
437 Hwy 101 Suite 401

#### **Frazier Farms Oceanside:**

3:30pm-4:30pm  
1820 Oceanside Blvd.

#### **Frazier Farms Vista:**

5:00pm-6:30pm  
225 Vista Village

### Every Friday

#### **FWRD+ Fitness:**

WILL RESUME IN SEPTEMBER  
11305 Rancho Bernardo Rd

#### **Nutrition Place**

11:00am – 2:00pm  
345 Third Ave

### Every Saturday

#### **Frazier Farms La Mesa**

9:30am - 11:30am  
8401 Fletcher Pkwy

#### **Bonita Farmers Market**

12:30pm - 2:00pm  
5080 Bonita Rd

COME BY OUR OFFICE FOR INJECTIONS

#### RANCHO BERNARDO

11828 Bernardo Plaza Ct  
Monday- Thursday  
9am-4:30pm  
Friday 9am-2:30pm

### 1<sup>st</sup> and 3<sup>rd</sup> Saturday of the Month

**F45 4s Ranch:** 8:15am & 9:30a  
16625 Dove Canyon Rd #105

### 2<sup>nd</sup> Saturday of the Month

#### **F45 Carmel Mountain:**

8:15am & 9:30am  
11467 Carmel Mountain Rd

### 4<sup>th</sup> Saturday of the month

#### **F45 Rancho Penasquitos:**

8:00am & 9:15am  
13289 Black Mountain Rd



Leave us a Review!



*We would love to hear from you!*

