



September 2017

32839 Temecula Parkway, Suite 1, Temecula, Ca 92592

(951) 302-0088 www.sweatcardio.com

Schedule your classes online with our NEW very own Sweat Cardio and Yoga App: Download it on Apple or Google Play

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a		TABATA SCULPT Michelle	Cardio Circuit Lori T	Bootcamp Mark	BagBOXING New! Michelle	TBC Lori T.	
8:00a 8:15a 8:30a				8:15a (45 min.) <i>Morning Stretch</i> Michelle		8:00a <i>Stretch & Release</i> Michelle	8:30a <i>Pilates Fusion</i> Pam TRX Training Steph (8:30a)
8:45a	ZUMBA Kim						
9:00a 9:15a		BagBOXING New! Amy/Michelle SPINNING Weights on Wheels Michelle/Kelly (9:15a)	Pump Jen B SPINNING Amelie(9:15a)	Bootie Comp yoga on Steps & Risers Michelle SPINNING Tisha (9:15a)	CorePilates Kacy SPINNING Amelie (9:15a)	Chisel Amy SPINNING Weights on Wheels Michelle (9:15a)	
9:30a							SPINNING *varies ZUMBA Stephanie
10a	Heated Yoga *Varies	Chisel Amy	<i>Pilates Fusion</i> Kelly	ZUMBA Kelly	Pump Jen B.	ZUMBA Stephanie	
10:15				TRX Training Haley	TRX Training Michelle	TRX Training Kelly V.	Total Barre Mckenna (10:30a)
11a		Total BARRE Kathy	ZUMBA Stephanie			ZUMBA Stephanie	
4:30p	AVAILABLE	Bootie Comp yoga on Steps & Risers Michelle	Total BARRE Kathy		Total BARRE Nicole		
5:30P	FOR	Pump Jen B.	Chisel Beth	BagBOXING New! Michelle/Yummi	<i>Pilates Fusion</i> Kelly TRX Training Kacy (6:00p)		AVAILABLE
6:30P	RENT	ZUMBA Susana SPINNING Jen B.	ZUMBA Kim SPINNING Kelly	ZUMBA Lisa SPINNING Amelie	ZUMBA Kim SPINNING Kelly	<i>Anti-Stress Candlelight Yoga</i> Is BACK Lori S.	FOR RENT
7:30P		HOT YOGA Kari	All Level Yoga Beth	<i>Mindful Yoga</i> Lori S.	All level Yoga Beth		

Download our Sweat Cardio and Yoga App to register for classes and guarantee your spot. Please be courteous to other members and cancel out of class at least 2 hours prior to class if you cannot make it. There is a \$10 no-show fee for recurring no-shows.

New Class! **Bag BOXING**! Come try the newest workout at Sweat Cardio!! Mondays 9a, Wed. 5:30p and Thursdays 5:30a
Gloves available for sale at the front desk.

Anti-Stress Candlelight Yoga on Friday nights is back! 6:30p with Lori S. Unwind from a stressful weekend.
New class! **TABATA SCULPT** 5:30a Burn all day long with this style class!!
Meet our New Instructors: Yummi, Nicole and Mckenna

Give the gift of fitness. Memberships, Class Packages, Family Add-ons and Gift Certificates available. Ask the Front desk for more info

*Check online at www.sweatcardio.com or on our New SWEAT CARDIO APP to sign up in advance or check instructor status.