



## August 2017

32839 Temecula Parkway, Suite 1, Temecula, Ca 92592

(951) 302-0088 [www.sweatcardio.com](http://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		<b>CardioSculpt</b> Michelle	Cardio Circuit Lori T	<b>Bootcamp</b> Mark	<b>Spin + Core</b> Michelle	<b>TBC</b> Lori T.	
8:00a 8:15a 8:30a				8:15a (45 min.) <i>Morning Stretch</i> Michelle		8:00a <i>Stretch &amp; Release</i> Michelle	8:30a <i>Pilates Fusion</i> Pam <b>TRX Training</b> Steph (8:30a)
8:45a	<b>ZUMBA</b> Kim						
9:00a 9:15a		<b>ZUMBA</b> Susana <i>SPINNING</i> Weights on Wheels Michelle (9:15a)	<b>Pump</b> Jen B <i>SPINNING</i> Amelie(9:15a)	<b>Boot Camp yoga</b> on Steps & Risers Michelle <i>SPINNING</i> Tisha (9:15a)	<b>CorePilates</b> Kacy <i>SPINNING</i> Amelie (9:15a)	<b>Chisel</b> Amy <i>SPINNING</i> Weights on Wheels Michelle (9:15a)	
9:30a							<i>SPINNING</i> *varies <b>ZUMBA</b> Stephanie
10a	<b>Heated Yoga</b> *Varies	<b>Chisel</b> Amy	<i>Pilates Fusion</i> Pam	<b>ZUMBA</b> Kelly	<b>Pump</b> Jen B.	<b>ZUMBA</b> Stephanie	
10:15				<b>TRX Training</b> Michelle	<b>TRX Training</b> Michelle	<b>TRX Training</b> Kelly V.	<b>Total Barre</b> Kathy (10:30a)
11a		<b>Total BARRE</b> Kathy	<b>ZUMBA GOLD</b> Eva			<b>ZUMBA GOLD</b> Stephanie	
4:30p	<b>AVAILABLE</b>	<b>Boot Camp yoga</b> on Steps & Risers Michelle	<b>Total BARRE</b> Kathy		<b>Total BARRE</b> Kathy		
5:30P	FOR	<b>Pump</b> Jen B.	Chisel Beth <b>TRX Training</b> Kacy	<b>ZUMBA</b> fitness "Wild Wednesday" Lisa	<i>Pilates Fusion</i> Kelly <b>TRX Training</b> Beth (6:00p)		<b>AVAILABLE</b>
6:30P	<b>RENT</b>	<b>ZUMBA</b> Susana <i>SPINNING</i> Jen B.	<b>ZUMBA</b> fitness Kim <i>SPINNING</i> Kelly	<b>Total BARRE</b> *Varies <i>SPINNING</i> Amelie	<b>ZUMBA</b> fitness Kim <i>SPINNING</i> Kelly		<b>FOR RENT</b>
7:30P		<b>HOT YOGA</b> Kari	<b>All Level Yoga</b> Beth	<i>Mindful Yoga</i> Lori S.	<b>All level Yoga</b> Beth		

Download our Sweat Cardio and Yoga App to register for classes and guarantee your spot; especially for Spin or TRX. Please be courteous to other members and cancel yourself out of class at least 2 hours prior to class if you cannot make it so others can move up from the wait list. There is a \$10 no-show fee for recurring no-shows.

August Events: Saturday August 26<sup>th</sup> CPR/AED Training 11a-2p. \$40 to Diana Serrano Sign up at the front desk

Sunday August 27<sup>th</sup> Foam Roller Workshop 11a-1p \$15 bring your own roller \$30 with purchase of foam roller. Sign up online or at the front.

Total Barre: Same great class! Different name!

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](http://www.sweatcardio.com) or on our New SWEAT CARDIO APP to sign up in advance or check instructor status.