



February 2012

32839 Temecula Parkway, Suite 1, Temecula, Ca 92591

(951) 302-0088 www.sweatcardio.com

Sweat Cardio is Temecula's premiere fitness studio, offering more than 50 classes per week – all for only \$10 per class. There are no contracts or membership fees, just decide which session you'd like to attend and show up! You can also register online at sweatcardio.com to secure your space and pay in advance. Our large variety of classes will give you an amazing, fun workout and make you sweat!!!

Valentines Day is coming! What are you planning? Nothing beats a toned lean body! Our classes are lead by the best instructors in town and we are proud to have each and every one here at Sweat Cardio!

It's the second month of the year! How is your New Years Resolution going? Want to reach your weight loss resolution faster? Then ask our front desk about our new personal training options!

MEMBERSHIP SPECIAL!
12 mo. Membership: first 3 months are only 39.00! Also, you will receive a free Sweat

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Kettlebell Fitness	Spin	Piloxing	Sweat & Sculpt	Spin	
8:00 AM							Spin
8:30 AM			Vinyasa Flow Yoga				Pilates Fusion
8:45 AM	Zumba!			Bootie Camp Yoga	Spin (45 min) Zumba!	Kettlebell Fitness	
9:00 AM		Zumba!					
9:30 AM			Pump				Spin Zumba!
9:45 AM				Zumba!	Pump	Zumba!	
10:00 AM	Sweat Yoga	Sweat & Sculpt					
10:30 AM			Zumba! Spin				Vinyasa Flow Yoga
10:45 AM				Kettlebell Fitness	Power Flow and Balance Yoga		
11:00 AM		Gentle Yoga				Zumba Gold	
11:30 AM			Zumba Gold				Piloxing
5:30 PM	AVAILABLE	Pedal & Pump	Sweat & Sculpt	Zumba!	Piloxing	Gentle yoga Spin	AVAILABLE
6:30 PM	FOR	Zumba! Spin	All level Yoga	Pilates Fusion Spin	Zumba! Spin		FOR
6:45 PM			Spin			R.I.P.P.E.D	
7:30 PM	RENT	Vinyasa Flow Yoga		Pump	All level Yoga		RENT
7:45 PM			Zumba!			Zumba Party Night!	