



JUNE 2019

32839 Temecula Parkway, Suite 1, Temecula, Ca 92592

(951) 302-0088 www.sweatcardio.com

Schedule your classes online with our 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/Theresa	SPIN & Lift Rose	Bootcamp Mark	BagBOXING Michelle	HIIT & Lift Mark	
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>CorePilates</i> Christi <i>TRX Training</i> Mark (8:30a)
8:45a	Lisa						
9:00a 9:15a		BagBOXING Amy <i>Weights on Wheels</i> Michelle (9:15a)	<i>Pilates Fusion</i> Kacy	<i>Bootie Camp yoga</i> Michelle Amy (9:15)	<i>Core Pilates</i> Kacy Theresa (9:15a)	TotalBarre NEW! Kari <i>Weights on Wheels</i> Michelle (9:15a)	<i>9a New Time</i> Amy
9:30a							Kim
10a	Heated Yoga *Varies	Chisel Amy	Gentle Yoga Michelle		Gentle Yoga Michelle	Chisel Theresa	
10:15 10:30				TRX Training Michelle (10:15)			All level Yoga NEW!! Whitney
11a	AVAILABLE						
4:30p	For	<i>Yoga Sculpt</i> Angela	Total Barre NEW! Whitney			June 28 th 5:30-7:00p GOAT YOGA Pre-registration required	
5:30P	RENT	BagBOXING Lisa	BagBOXING Lisa	BagBOXING Lisa	TotalBARRE Rose		AVAILABLE
6:30P		Kim Julianne	Bootcamp Mark	Lisa Theresa	Chisel Erika	June 21st only Anti-Stress Yoga Michelle	FOR RENT
7:30P		All Level Yoga Rose	All Level Yoga Angela	<i>Candlelight Yoga</i> Christi	All level Yoga Erika		

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.

Summer Schedule Changes: Fri 9a Barre w/ Kari, 10a Chisel w/ Theresa, Sat. 9a Spin w/ Amy, Sat. 10:30a Yoga w/ Whitney

EVENTS: Father's Day June 16th: FREE CLASSES FOR DADS!!

June 15th 9a Purrates at Animal Friends of the Valley Pilates with Kitties!! All proceeds go to AFV

Friday June 21st 6:30p Pop Up Anti Stress Candlelight Yoga- Members FREE, \$10 Drop in

June 28th 5:30-7p GOAT YOGA at Sweat Cardio. Pre-registration required. Sign up online or in studio. \$30/person

Drop ins welcome! NEW LOWER DROP IN PRICES! \$10 drop in fee. DISCOUNTS ON PACKAGES AND MEMBERSHIPS

Take advantage of our memberships for UNLIMITED CLASSES! PLUS 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 SWEAT CARDIO APP to sign up in advance or check instructor status.