



## March 2019

32839 Temecula Parkway, Suite 1, Temecula, Ca 92592

(951) 302-0088 [www.sweatcardio.com](http://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		<b>TABATA SCULPT</b> Michelle	SPIN & Lift Rose	<b>Bootcamp</b> Mark	<b>BagBOXING</b> Michelle	HIIT & Lift Rose	
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>CorePilates</i> Christi TRX Training Mark (8:30a)
8:45a	Lisa						
9:00a 9:15a		<b>BagBOXING</b> Amy <i>SPINNING</i> Weights on Wheels 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)	<b>All level Yoga</b> Christi Weights on Wheels Michelle (9:15a)	
9:30a							Amy Kim
10a	<b>Heated Yoga</b> *Varies	<b>Chisel</b> Amy	Gentle Yoga <b>NEW!!</b> Michelle		Gentle Yoga <b>NEW!!</b> Michelle	<b>Chisel</b> Amy	
10:15 10:30				TRX Training Michelle			<i>BOOTIE CAMP Barre</i> River (10:30a)
11a	<b>AVAILABLE</b>	<b>Total BARRE</b> Kari					
4:30p	<b>For</b>	<i>Yoga Sculpt</i> River	<b>Total BARRE</b> <b>NEW!</b> Christi				
5:30P	<b>RENT</b>	<b>BagBOXING</b> Lisa	<b>BagBOXING</b> Lisa	<b>BagBOXING</b> Lisa	<b>TotalBARRE</b> Rose		<b>AVAILABLE</b>
6:30P		Kim Julianne	<b>Bootcamp</b> Mark	Lisa Theresa	<b>Chisel</b> Erika/ Theresa	March 15 only <b>Anti-Stress Yoga</b> Michelle	<b>FOR RENT</b>
7:30P		<b>All Level Yoga</b> Rose	<b>All Level Yoga</b> Angela	<i>Candlelight Yoga</i> Christi	<b>All level Yoga</b> 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.

**NEW CLASSES!!** Tuesday 10a Gentle Yoga/Release- A combination of Gentle Yoga and Myofascial Release using Foam Rollers and tennis balls.  
Tuesday 6:30p **BOOTCAMP:** Use weights, kettlebells, body weight and maybe battle ropes for cardio and weight training. All levels welcome.  
7:30p Evening Yoga switcharoos!! Monday: Rose, Tuesday: Angela, Wed: Christi, Thurs: Erika

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