



**MAY 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/Theresa	<b>SPIN &amp; Lift</b> Rose	<b>Bootcamp</b> Mark	<b>BagBOXING</b> Michelle	<b>HIIT &amp; Lift</b> Mark	
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 <b>TRX Training</b> 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 <i>SPINNING</i> Amy (9:15)	<i>Core Pilates</i> Kacy <i>SPINNING</i> Theresa (9:15a)	<b>All level Yoga</b> Christi <i>SPINNING</i> Weights on Wheels Michelle (9:15a)	
9:30a							Amy Lisa Kim
10a	<b>Heated Yoga</b> *Varies	<b>Chisel</b> Amy	<b>Gentle Yoga</b> Michelle		<b>Gentle Yoga</b> Michelle	<b>Chisel</b> Amy	
10:15 10:30				<b>TRX Training</b> Michelle (10:15)			<b>All level Yoga NEW!!</b> Angela (10:30a)
11a	<b>AVAILABLE</b>						
4:30p	<b>For</b>	<i>Yoga Sculpt</i> Angela	<b>Total Barre NEW!</b> Whitney				
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 <i>SPINNING</i> Julianne	<b>Bootcamp</b> Mark	Lisa <i>SPINNING</i> Theresa	<b>Chisel</b> Theresa/Erika	May 24 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: Mon 4:30p YogaSculpt w/ Angela , Tuesdays 4:30p Barre w/ Whitney Saturday 10:30a All Level Yoga w/ Angela

EVENTS: Mother's Day May 12<sup>th</sup>: FREE CLASSES FOR MOMS

Friday May 24<sup>th</sup> 6:30p Pop Up Anti Stress Candlelight Yoga- Members FREE, \$10 Drop in

Modified Schedule Memorial Day May 27<sup>th</sup>-Check online for schedule

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.