



SEPTEMBER 2019/ NATIONAL YOGA MONTH

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> Rebecca TRX Training Mark (8:30a)
8:45a	BagBOXING Lisa						
9:00a 9:15a		BagBOXING Whitney SPINNING Weights on Wheels Michelle (9:15a)	<i>Pilates Fusion</i> Kacy	Bootle Camp <i>Yoga</i> on Steps & Risors Michelle SPINNING Theresa (9:15a)	CorePilates Kacy SPINNING Theresa (9:15a)	Total BARRE NEW! Kari SPINNING Weights on Wheels Michelle (9:15a)	
9:30a							SPINNING Theresa New time ZUMBA Kim
10a	Heated Yoga *Varies	Chisel Theresa	Gentle Yoga Michelle		Gentle Yoga Michelle	Chisel Theresa	
10:15 10:30				TRX Training Michelle			All Level Yoga Whitney (10:30a)
4:30P		<i>Yoga Sculpt</i> Whitney	Total BARRE Whitney				
5:30P	Available	BagBOXING Lisa	BagBOXING Lisa	TABATA SCULPT Lisa SPINNING Theresa New times!	Total BARRE Rose	Lil Yogi's 5:30-6:30p Sept. 6, 20 th , 27 th only \$7/child Parent free	AVAILABLE
6:30P	For	ZUMBA Kim SPINNING Julianne (45min)	Bootcamp Mark	BagBOXING Lisa	Chisel Whitney NEW!	7-8p POPLP Anti-Stress Candlelight Yoga Sept 20 th Only	FOR RENT
7:30p	Rent	All Level Yoga Angela	All Level Yoga Angela	<i>Candlelight Yoga</i> Christi	All level Yoga Heidi New!		

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.

September Events:

National Yoga Month-FREE WEEK OF YOGA-First time clients only. Unlimited Classes for the week!

30 CLASSES IN 30 DAYS CHALLENGE! ASK THE FRONT DESK FOR DETAILS. CHANCE TO WIN A FREE 3 MONTH MEMBERSHIP!

Kids Yoga: \$7 per Child /Parent FREE with paid child. Sign up online or at the front desk.

Labor Day: Monday Sept. 2nd 8a Stretch (Added class for the day) 9a Boxing w/ Lisa, 9:00a Spin, 10a Chisel

Pop Up Anti-Stress Yoga: Friday Sept 20th 7-8p with Michelle

NEW INSTRUCTORS! NEW CLASSES!

NEW CLASS!! WED NIGHTS! TIME SWAPS! 5:30P Spin or Tabata Sculpt 6:30p Bagboxing Saturdays Spin back to 9:30a

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 New SWEAT CARDIO APP to sign up in advance or check instructor status.