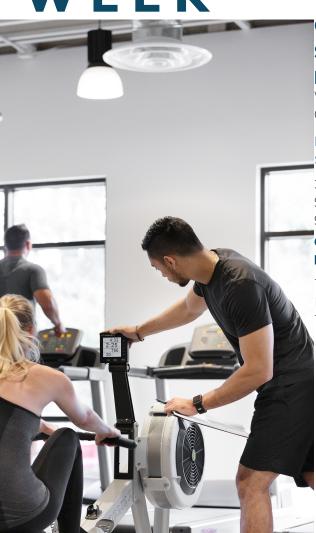
## UUNITED

MEDICAL FITNESS

**TEMECULA'S ONLY** MEDICALLY SUPERVISED FITNESS FACILITY

## FREE UNLIMITED GYM USE WEEK + GROUP CLASSES!



CARDIOLOGY **SPECIALISTS** MEDICAL GROUP

WE INVITE YOU TO CHECK US OUT!

LOCATED IN **SOUTH TEMECULA** 

31170 TEMECULA PKWY. STE. 102. TEMECULA. CA 951.466.0004

**COVERED BY SOME INSURANCES** 

TO SIGN UP FOR YOUR FREE WEEK, FIND US ON THE MINDBODY APP!





UNITED MEDICAL FITHESS, COM NOT YOUR AVERAGE GYM. BY DESIGN.



## GROUP EXERCISE SCHEDULF

MON.

5:30-6:30 AM

**BOOT CAMP** 

9:30-10:30 AM

STRENGTH

4:30-5:30 PM

YOGA

6:00-7:00 PM

CARDIO/ STRENGTH

TH.

6:30-7:30 AM

CARDIO/ STRENGTH

9:30-10:30 AM

YOGA

11:00 AM-12:00 PM

SILVER SNEAKERS

5:30-6:30 PM

CIRCUIT **TRAINING**  TU.

6:30-7:30 AM

CARDIO/ STRENGTH

9:30-10:30 AM

YOGA

11:00 AM-12:00 PM

**SILVER** 

**SNEAKERS** 

5:30-6:30 PM

CIRCUIT TRAINING

FRI.

5:30-6:30 AM

**BOOT CAMP** 

9:30-10:30 AM

HIIT TRAINING

WED.

5:30-6:30 AM

PURF CARDIO

9:30-10:30 AM

**BOOT CAMP** 

4:30-5:30 PM

CARDIO/

STRENGTH

6:00-7:00 PM

YOGA

SAT.

9:30-10:30 AM

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