



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!**



UNITEDMEDICALFITNESS.COM

NOT YOUR
AVERAGE GYM,
BY DESIGN.



GROUP EXERCISE SCHEDULE

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
PURE 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
YOGA

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