

CONSHOHOCKEN FEBRUARY 2017

www.sweatfitness.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am Spin & Core Heidi	5:15-5:30am 📅 AB Lab Donna		5:15-5:30am 📅 AB Lab Donna		8:00-8:45am Kickboxing Sue M.	9:15-10:15am SWEAT Cycling Dan
9:30-10:30am Cardio Body Blast Gerianne	5:30-6:30am 📅 Definitions Donna	9:00-10:00am Pedal & Metal Paula	5:30-6:30am 📅 Definitions Donna	9:15-10:15am SWEAT Cycling Paula	8:45-9:15am Pilates Sue M.	10:15-11:15am Yoga Julie
	9:30-10:30am SWEAT Cycling Jess		6:00-7:00am SWEAT Cycling Suzanne	9:30-10:30am Cardio Mash-Up Jess	9:30-10:30am HIIT Jess/Betty	11:30-12:30pm Zumba Joe
	9:30-10:30am Box & Core Gerianne	12:15-1:15pm \$ Super Circuit Justin	9:00-9:30am Booty Blast Sue Capizzi		9:30-10:30am SWEAT Cycling Betty/Suzanne	
5:30-6:30pm Kickboxing Sue M.	4:30-5:30pm Muscle Blast Paula	5:00-5:30pm 📅 HIT Dan	9:30-10:30am HIIT & Tone Sue Capizzi			
5:45-6:45pm SWEAT Cycling Dan	5:45-6:45pm Ringside Madness Alyssa	5:30-6:30pm 📅 Box and Weights Dan	5:30-6:30pm Zumba Joe		Kids Club: Mon thru Fri: 8:00am-12pm	 <p>First time at Sweat? Your first class is FREE! Please bring valid, local ID. Must be over 18 years of age.</p> <p>Drop-ins: \$15.00 for non-members.</p>
	7:15-8:15pm Power Yoga Kelly	5:30-6:30pm SWEAT Cycling Meghan	5:30-6:30pm 📅 sweat Dan		Mon thru Thurs: 4:30pm-8pm	
			6:45-7:45pm Power Yoga Tim		Sat and Sun 8:00am-12pm	
				Key: ● New Instructor 📅 New Class ⌚ New Time \$ \$5 Per Class	New EFT Options for Kids Club! See desk for details.	

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4151 MAIN ST.
215.487.7100

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700 PASSYUNK
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SOUTH PHILLY
1509 E. PASSYUNK
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200 S. 24TH ST.
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ONE SOUTH BROAD
1 SOUTH BROAD ST.
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