

# FITLER SQUARE SEPTEMBER 2017

www.sweatfitness.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:30am <b>Yoga</b> David Hem	6:00-7:00am <b>SWEAT Cycling</b> Curtis	6:00-7:00am <b>Cardio/Core/Chisel</b> Donna Storm	8:30-9:30am <b>Yoga</b> Patrice	9:00-10:00am <b>Definitions</b> Donna Storm	9:00-10:00am <b>Zumba</b> Yvonne/Ivan	9:00-10:00am <b>Power Pump</b> Jacqui
12:00-1:00pm <b>SWEAT Cycling</b> Kevin		7:00-7:15am <b>All Abs</b> Donna Storm			9:00-10:00am <b>SWEAT Cycling</b> Mike H.	10:00-11:30am <b>SWEAT Cycling</b> Mike H.
5:30-6:30pm <b>Zumba</b> Yvonne	5:30-6:30pm <b>Vinyasa Yoga</b> Kasey	8:30-9:30am <b>Vinyasa Yoga</b> Teagen	5:30-6:30pm <b>Zumba</b> Kesha	1:30-2:30pm <b>Yoga</b> Amy	10:00-11:00am <b>SWEAT Cycling</b> Mike H.	4:00-5:00pm <b>Vinyasa Yoga</b> Amy
6:30-7:30pm <b>Pilates</b> Allison	6:30-7:30pm <b>SWEAT Cycling</b> Noah	1:30-2:30pm <b>Yoga</b> David Hem	6:30-7:30pm <b>SWEAT Cycling</b> Jen E.		10:00-11:00am <b>Barre</b> Katie	
6:45-7:45pm <b>SWEAT Cycling</b> Gina	6:45-7:45pm <b>Boot Camp</b> Jen E	5:30-6:30pm <b>Barre</b> Colleen	6:30-7:30pm <b>Sweat Insanity</b> Jenn		* Join us for Sweat Cycling and Sipping at <b>6:30pm</b> outside every Wednesday followed by a cold beer.	
7:30-8:45pm <b>Vinyasa Yoga</b> Julie		6:30-7:30pm * <b>SWEAT Cycling and Sipping (Tickets Required)</b> Mike Hutchinson	7:30-8:30pm <b>Yoga</b> Becca		<i>Tickets required.</i> <b>Visit our website to reserve your seat!</b>	
		6:30-7:30pm <b>Boot Camp</b> Raquel			<b>Key:</b> ● New Instructor 📅 New Class 🕒 New Time	
		7:30-8:30pm <b>Vinyasa Yoga</b> Kayla				

**SWEAT**  
FITNESS

**First time at Sweat?**  
Your first class is FREE! Please bring valid, local ID. Must be over 18 years of age.

**Drop-ins:**  
\$15.00 for non-members.

**KING OF PRUSSIA**  
217 W. CHURCH RD.  
610.337.9328

**MANAYUNK**  
4151 MAIN ST.  
215.487.7100

**CONSHOHOCKEN**  
200 W. RIDGE  
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**OLD CITY**  
45 N 3<sup>RD</sup> ST.  
215.923.8763

**QUEEN VILLAGE**  
700 PASSYUNK  
215.627.5600

**SOUTH PHILLY**  
1509 E. PASSYUNK  
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**FITLER SQUARE**  
200 S. 24<sup>TH</sup> ST.  
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**ONE SOUTH BROAD**  
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