


FITLER SQUARE NOVEMBER 2017

www.sweatfitness.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:30am Yoga David Hem	6:00-7:00am SWEAT Cycling Curtis	6:00-7:00am Cardio/Core/Chisel Donna Storm	8:30-9:30am Yoga Patrice	9:00-10:00am Definitions Donna Storm	9:00-10:00am Zumba Yvonne/Ivan	9:00-10:00am Power Pump Jacqui
		7:00-7:15am All Abs Donna Storm			9:00-10:00am SWEAT Cycling Mike H.	
		8:30-9:30am Vinyasa Yoga Teagen		1:30-2:30pm Yoga Amy	10:00-11:00am SWEAT Cycling Mike H.	10:00-11:30am SWEAT Cycling Mike H.
		1:30-2:30pm Yoga David Hem			10:00-11:00am Barre Katie	4:00-5:00pm Vinyasa Yoga Amy
5:30-6:30pm Zumba Yvonne	5:30-6:30pm Vinyasa Yoga Kasey	5:30-6:30pm Barre Katie	5:30-6:30pm Zumba Kesha			 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.
6:30-7:30pm Pilates Allison	6:30-7:30pm SWEAT Cycling Noah	6:30-7:30pm Boot Camp Raquel	6:30-7:30pm SWEAT Cycling Jen E.			
6:45-7:45pm SWEAT Cycling Gina	6:45-7:45pm Boot Camp Jen E	6:30-7:30pm SWEAT Cycling Maggie	6:30-7:30pm Buti Yoga Jenn			
7:30-8:45pm Vinyasa Yoga Julie		7:30-8:30pm Vinyasa Yoga Kayla	7:30-8:30pm Yoga Becca			
					Key: ● New Instructor 📅 New Class ⌚ New Time	

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217 W. CHURCH RD.
610.337.9328

MANAYUNK
4151 MAIN ST.
215.487.7100

CONSHOHOCKEN
200 W. RIDGE
610.941.3600

OLD CITY
45 N 3RD ST.
215.923.8763

QUEEN VILLAGE
700 PASSYUNK
215.627.5600

SOUTH PHILLY
1509 E. PASSYUNK
215.271.0303

FITLER SQUARE
200 S. 24TH ST.
215.351.0100

ONE SOUTH BROAD
1 SOUTH BROAD ST.
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