


FITLER SQUARE FEBRUARY 2018

www.sweatfitness.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:15am SWEAT Cycling Dan		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
8:30-9:30am Yoga David Hem		7:00-7:15am All Abs Donna Storm			9:00-10:00am SWEAT Cycling Mike H.	10:00-11:30am 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.	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		10:00-11:00am Barre Katie	 <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: \$25.00 for non-members.</p>
6:30-7:30pm Pilates Allison	6:30-7:30pm SWEAT Cycling Noah	6:30-7:30pm Boot Camp Jenn	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 ButiYoga Catherine			
7:30-8:45pm Vinyasa Yoga Maria		7:30-8:30pm Vinyasa Yoga Kacie				
					<p>Key:</p> <ul style="list-style-type: none"> ● New Instructor 📅 New Class 🕒 New Time 	

KING OF PRUSSIA
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.
215.564.0303