




FITLER SQUARE JANUARY 2018

www.sweatfitness.com

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