



ONE SOUTH BROAD SCHEDULE

SWEATFITNESS.COM/SWEATX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00am Olympic Lifting Fundamentals Mert	7:00-8:00am Strength and Structure Rick		7:00-8:00am Strength and Structure Rick	7:00-8:00am Olympic Lifting Fundamentals Mert		
12:00-1:00pm Strength and Structure Rick		12:00-1:00pm Olympic Lifting Fundamentals Mert		12:00-1:00pm Power Lifting for Everyone Mert	10:00-12:00pm Rotating Specialty Classes/ Workshops <i>Only on the 3rd Saturday of Every Month - Inquiry in club for more.</i>	
6:30-7:30pm Power Lifting for Everyone Pascale	6:15-7:30pm Super Strong Shawn	6:30-7:30pm Power Lifting for Everyone Pascale	6:15-7:30pm Super Strong Shawn			

CLASS DESCRIPTION

SweatX is a small group-training program designed to take your athletic abilities to the next level. With the use of ropes, box jumps, kettle bells, ramps, barbells, interval training and more, you will see your body change in a matter of weeks. Classes can be modified to fit any level of fitness and our elite “X Instructors” are always there to help you with form and to make sure you are getting the most out of every workout.

MEMBERSHIP OPTIONS

SweatX 2x Per Week Membership: 2 SweatX classes per week, access to all Sweat locations and access to SweatX equipment when class is not in session.

SweatX Unlimited Membership: Unlimited SweatX classes, access to all Sweat locations and access to SweatX equipment when class is not in session.

Drop ins: drop in prices are available for class at \$25 per class.

FREE TRIAL

Come try SweatX for free before you join.

Visit our One South Broad or Queen Village location and hop in any class anytime.

New Clients Only.



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