

CONSHOHOCKEN NOVEMBER 2018

SWEATFITNESS.COM

MON	TUE	WED	THU	FRI	SAT	SUN
AM	AM	AM	AM	AM	AM	AM
6:00-7:00am Spin & Core Heidi	5:15-5:30am AB Lab Donna	6:30-7:30am Pedal & Metal Paula	5:15-5:30am AB Lab Donna	9:15-10:15am SWEAT Cycling Paula	8:00-8:45am Kickboxing Sue M.	9:15-10:15am SWEAT Cycling Suzanne
9:30-10:30am Box and Core Gerianne	5:30-6:30am Cardio/Chisel Donna	9:30-10:30am Super Circuits Jordan	5:30-6:30am Definitions Donna	9:30-10:30am Boxing Bootcamp Gerianne	8:45-9:15am Pilates Sue M.	10:15-11:15am Yoga Abbie
PM	9:30-10:30am SWEAT Cycling Stephen	PM	9:30-10:45am Box Fusion Jess		9:30-10:30am Zumba Diane	
12:15-1:15pm Super Circuit Jordan	9:15-10:15am HIIT Jess	12:15-1:15pm Super Circuit Jordan	PM			
5:00-5:30pm All Abs Jocelyn	PM	6:15-7:00pm POUND Diane	6:15-7:15pm SWEAT Cycling Meghan			Kids Club Monday - Friday 8:00am-12pm
5:30-6:30pm Kickboxing Sue M.	6:00-7:00pm Turbo Kick Alec	7:15-8:15pm Yoga Brita	6:45-7:45pm Power Yoga Tim			Monday - Thursday 4:30pm-8pm
5:30-6:15pm SWEAT Cycling Stephen	6:00-7:00pm SWEAT Cycling Colleen					Saturday 8:00am-12pm
6:30-7:15pm Pilates Sue	7:15-8:15pm Yoga Mary					Sunday 8:00am-12:30pm

First time at Sweat?

Your first class is FREE! Please bring valid, local ID. Must be over 18 years of age.

Drop-ins: \$25.00 for non-members.

N New Instructor

 New Class

 New Time

 Paid Classes

QUEEN VILLAGE

700 PASSYUNK
215.627.5600

SOUTH PHILLY

1509 E. PASSYUNK
215.271.0303

ONE SOUTH BROAD

1 SOUTH BROAD ST.
215.564.0303

FITLER SQUARE

200 S. 24TH ST.
215.351.0100

OLD CITY

45 N 3RD ST.
215.923.8763

MANAYUNK

4151 MAIN ST.
215.487.7100

CONSHOHOCKEN

200 W. RIDGE
610.941.3600