

FITLER SQUARE

NOVEMBER 2018

SWEATFITNESS.COM

MON	TUE	WED	THU	FRI	SAT	SUN
AM	AM	AM	AM	AM	AM	AM
8:30-9:30am Yoga MJ	6:30-7:15am SWEAT Cycling Rebecca	5:45-6:00am All Abs Donna Storm	8:30-9:30am Yoga Justin	N 9:00-10:00am Definitions Donna Storm	9:00-10:00am Zumba Yvonne/Ivan	9:00-10:00am Power Pump Jacqui
PM	PM	6:00-7:00am Intervals Donna Storm	PM	PM	9:00-10:00am SWEAT Cycling Mike H.	10:00-11:30am SWEAT Cycling Mike H.
5:30-6:30pm Zumba Yvonne	5:30-6:30pm Vinyasa Yoga Kasey	8:30-9:30am Yoga Teagen	5:30-6:30pm Zumba Kesha	1:30-2:30pm Yoga Amy	10:00-11:00am SWEAT Cycling Mike H.	PM
6:30-7:30pm Pilates Allison	6:30-7:30pm SWEAT Cycling Maggie	PM	6:30-7:30pm Barre and Core Kesha	6:30-7:30pm SWEAT Cycling Laurice	10:00-11:00am Barre Bryana	4:00-5:00pm Vinyasa Yoga Ashley
6:45-7:45pm SWEAT Cycling Orlin		5:30-6:30pm Yoga Sculpt Melanie				
7:30-8:30pm Power Fusion Haley		5:30-6:30pm SWEAT Cycling Annie				
		6:30-7:30pm Kickbox Laura				

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