

MANAYUNK NOVEMBER 2018

SWEATFITNESS.COM

MON	TUE	WED	THU	FRI	SAT	SUN
PM	AM	PM	PM		AM	AM
6:00-7:00pm Booty Builder & All Abs Malik	6:00-6:45am SWEAT Cycling Stephen	5:30-6:30pm Strength Flow Jamie	6:00-6:30pm All Abs Erika		9:30-10:30am SWEAT Cycling Maggie	10:00-11:00am Yoga Ahminah <i>(Free for non-members for the month of November)</i>
7:00-8:00pm SWEAT Cycling Jennifer N.	PM	6:30-7:30pm Sweat Dance Party Alec	6:30-7:30pm HIIT Intervals Erika			
7:30-8:30pm Barre Erin	6:30-7:30pm Sweat Circuits Marlie	7:00-8:00pm SWEAT Cycling Jazmin	6:00-7:00pm SWEAT Cycling Annie			
	7:00-8:00pm SWEAT Cycling Rachel	7:30-8:30pm HIIT Marlie	6:30-7:30pm Booty Blast and Core Samantha			
	7:30-8:30pm Vinyasa Yoga Madison					

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