

# ONE SOUTH BROAD

## NOVEMBER 2018

SWEATFITNESS.COM

MON	TUE	WED	THU	FRI	SAT	SUN
AM	AM	AM	AM	AM	AM	AM
6:00-6:45am <b>SWEAT Cycling</b> Nicole	6:30-7:30am <b>SWEAT Cyling</b> Laurice	6:00-7:00am <b>Circuits</b> Maria	6:30-7:30am <b>SWEAT Cycling</b> Laurice	6:30-7:30am <b>Sunrise Yoga</b> Maria T.	9:30-10:30am <b>Sweat Dance Party</b> Marianna	9:00-9:45am <b>Kickbox</b> Laura
7:00-8:00am <b>Intervals</b> Lauren R.	7:00-8:00am <b>Sunrise Yoga</b> Dana	9:00-10:00am <b>SWEAT Cyling</b> Annalisa	10:00-11:00am <b>Butts and Guts</b> Annalisa	11:00-12:00pm <b>Barre</b> Annalisa	10:00-11:00am <b>SWEAT Cycling</b> Curtis	10:00-11:00am <b>SWEAT Cycling</b> Laura
PM	9:00-10:00am <b>Hardcore</b> Annalisa	PM	11:00-11:30am <b>Express Barre</b> Annalisa	PM	11:15-12:15pm <b>Weekend Warrior</b> Shawn R.	10:30-11:30am <b>Zumba</b> Keshia
1:00-2:00pm <b>Yoga</b> Justin	PM	12:00-12:45pm <b>N</b> <b>Barre</b> Miranda	11:30-12:00pm <b>Express Barre</b> Annalisa	12:00-12:45pm <b>SWEAT Cycling</b> Curtis		PM
1:15-2:00pm <b>Pilates</b> Theresa	12:00-12:30pm <b>HIT IT Hard</b> Kyle	12:00-12:45pm <b>SWEAT Cycling</b> Maggie	PM	12:30-1:30pm <b>RAW</b> Shawn R.		1:00-2:00pm <b>SWEAT Cycling</b> Ellen
5:30-6:30pm <b>N</b> <b>Sunset Barre</b> Aly	12:15-12:45pm <b>Pt</b> <b>Express Barre</b> Aly	5:30-6:30pm <b>Yoga</b> MJ	12:00-1:00pm <b>SWEAT Cycling</b> Annalisa	5:30-6:30pm <b>Yoga</b> Ash		<p><b>There are multiples studios at this location. Please see key below to see which room your class is located in.</b></p> <p><b>Key:</b>   Pilates Studio   Group Fitness Studio   Cycling Studio</p>
6:30-7:30pm <b>\$</b> <b>Bootcamp</b> Aly	12:45-1:15pm <b>\$</b> <b>Rowing Intervals</b> Aly	6:30-7:30pm <b>Pt</b> <b>SWEAT Cycling</b> Jenn E.	5:00-6:00pm <b>Yoga</b> Lauren	7:00-8:00pm <b>Run Club</b> Karen		
6:30-7:30pm <b>SWEAT Cycling</b> Mike H.	5:30-6:30pm <b>SWEAT Cycling</b> Nicole	7:00-8:00pm <b>HIIT</b> Orlin	5:30-6:30pm <b>Pt</b> <b>SWEAT Cycling</b> Laura M.			
7:30-8:30pm <b>SWEAT Cycling</b> Mike H.	6:30-7:30pm <b>\$</b> <b>Sunset Barre</b> Aly	7:00-8:00pm <b>Yoga</b> Karen	6:00-7:00pm <b>Bootcamp</b> Karen			
	6:45-7:45pm <b>Bootcamp</b> Jenn E.		7:15-8:15pm <b>SWEAT Cycling</b> Karen			

*Due to increase in popularity some classes other than Cycling classes now require a pre-class sign up. Sign up for the noted classes up to a week ahead of class on our app or by calling the club.*

- Sign Up Required
- N** New Instructor
- New Class
- New Time
- \$** Paid Classes

**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.

<b>QUEEN VILLAGE</b> 700 PASSYUNK 215.627.5600	<b>SOUTH PHILLY</b> 1509 E. PASSYUNK 215.271.0303	<b>ONE SOUTH BROAD</b> 1 SOUTH BROAD ST. 215.564.0303	<b>FITLER SQUARE</b> 200 S. 24TH ST. 215.351.0100	<b>OLD CITY</b> 45 N 3RD ST. 215.923.8763	<b>MANAYUNK</b> 4151 MAIN ST. 215.487.7100	<b>CONSHOHOCKEN</b> 200 W. RIDGE 610.941.3600
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