





SOUTH PHILLY NOVEMBER 2018

SWEATFITNESS.COM

MON	TUE	WED	THU	FRI	SAT	SUN
PM	AM	AM	AM	AM	AM	AM
5:30-6:30pm  Sunset Barre Annalisa	10:00-11:00am Yoga Sculpt Lucy	6:00-7:00am SWEAT Cycling Curtis	10:00-11:00am Yoga Sculpt Jennifer	6:00-7:00am Circuits Maria	10:00-11:15am Yoga Tracy	10:00-11:00am SWEAT Cycling Annalisa
6:00-7:00pm SWEAT Cycling X Willa	PM	PM	PM	7:30-8:30am TGIF Felicia	11:30-12:30pm HIIT Brandon	10:00-11:15am Vinyasa Yoga Carmen
6:30-7:30pm Boot Camp Arielle	6:00-7:00pm Happy Hour Beverly	6:00-7:00pm  Zumba Yvonne	5:45-6:45pm Bootcamp Courtney			
7:30-8:30pm Vinyasa Yoga Lucy	6:30-7:30pm SWEAT Cycling Courtney	6:30-8:00pm Bike and Bootcamp Willa	6:45-7:45pm  Sunset Barre Annalisa		PM	PM
	7:00-8:00pm Yoga Elaine	7:15-8:15pm Pilates Gabi			1:00-2:00pm Barre Jen	12:00-1:00pm Pilates Shereen

 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.

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