

CONSHOHOCKEN

FEBRUARY 2019

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	8:00-9:00am 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	9:00-9:30am Pilates Sue M.	 10:15-11:15am Yoga Abbie
PM	9:30-10:30am SWEAT Cycling Cheri	PM	9:30-10:45am Box Fusion Jess	PM		
12:15-1:15pm Super Circuit Jordan	PM	12:15-1:15pm Super Circuit Jordan	PM	12:00-1:00pm Super Circuit Jordan		
5:00-5:30pm All Abs Jocelyn	6:00-7:00pm Turbo Kick Alec	6:15-7:00pm POUND Diane	6:15-7:15pm SWEAT Cycling Meghan			Kids Club <i>Monday - Friday</i> 8:00am-12pm
5:30-6:30pm Kickboxing Sue M.	6:00-7:00pm SWEAT Cycling Colleen	7:15-8:15pm Yoga Brita	6:45-7:45pm Power Yoga Tim			<i>Monday - Thursday</i> 4:30pm-8pm
6:00-6:45pm SWEAT Cycling Stephen	7:15-8:15pm Yoga Mary					<i>Saturday</i> 8:00am-12pm
6:30-7:15pm Pilates Sue						<i>Sunday</i> 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.						N New Instructor  New Class  New Time \$ Paid Classes
Drop-ins: \$25.00 for non-members.						
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