


# CONSHOHOCKEN

## JANUARY 2019

SWEATFITNESS.COM

MON	TUE	WED	THU	FRI	SAT	SUN
AM	AM	AM	AM	AM	AM	AM
6:00-7:00am <b>Spin &amp; Core</b> Heidi	5:15-5:30am <b>AB Lab</b> Donna	6:30-7:30am <b>Pedal &amp; Metal</b> Paula	5:15-5:30am <b>AB Lab</b> Donna	9:15-10:15am <b>SWEAT Cycling</b> Paula	8:00-8:45am <b>Kickboxing</b> Sue M.	9:15-10:15am <b>SWEAT Cycling</b> Suzanne
9:30-10:30am <b>Box and Core</b> Gerianne	5:30-6:30am <b>Cardio/Chisel</b> Donna	9:30-10:30am <b>Super Circuits</b> Jordan	5:30-6:30am <b>Definitions</b> Donna	9:30-10:30am <b>Boxing Bootcamp</b> Gerianne	8:45-9:15am <b>Pilates</b> Sue M.	10:15-11:15am <b>Yoga</b> Abbie
PM	9:30-10:30am <b>SWEAT Cycling</b> Cheri	PM	9:30-10:45am <b>Box Fusion</b> Jess	PM		
12:15-1:15pm <b>Super Circuit</b> Jordan	9:15-10:15am <b>HIIT</b> Jess	12:15-1:15pm <b>Super Circuit</b> Jordan	PM	12:00-1:00pm  <b>Super Circuit</b> Jordan		
5:00-5:30pm <b>All Abs</b> Jocelyn	PM	6:15-7:00pm <b>POUND</b> Diane	6:15-7:15pm <b>SWEAT Cycling</b> Meghan			<b>Kids Club</b> Monday - Friday 8:00am-12pm
5:30-6:30pm <b>Kickboxing</b> Sue M.	6:00-7:00pm <b>Turbo Kick</b> Alec	7:15-8:15pm <b>Yoga</b> Brita	6:45-7:45pm <b>Power Yoga</b> Tim			Monday - Thursday 4:30pm-8pm
6:00-6:45pm <b>SWEAT Cycling</b> Stephen	6:00-7:00pm <b>SWEAT Cycling</b> Colleen					Saturday 8:00am-12pm
6:30-7:15pm <b>Pilates</b> Sue	7:15-8:15pm <b>Yoga</b> Mary					Sunday 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.

**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