

# FITLER SQUARE

## JANUARY 2019

SWEATFITNESS.COM

MON	TUE	WED	THU	FRI	SAT	SUN
AM	AM	AM	AM	AM	AM	AM
8:30-9:30am <b>Yoga</b> MJ	6:30-7:15am <b>SWEAT Cycling</b> Rebecca	5:45-6:00am <b>All Abs</b> Donna Storm	8:30-9:30am <b>Yoga</b> Justin	9:00-10:00am <b>Definitions</b> Donna Storm	9:00-10:00am <b>Zumba</b> Yvonne/Ivan	9:00-10:00am <b>Power Pump</b> Jacqui
PM	PM	6:00-7:00am <b>Intervals</b> Donna Storm	PM	PM	9:00-10:00am <b>SWEAT Cycling</b> Mike H.	10:00-11:30am <b>SWEAT Cycling</b> Mike H.
5:30-6:30pm <b>Zumba</b> Yvonne	5:30-6:30pm <b>Vinyasa Yoga</b> Kasey	8:30-9:30am <b>Yoga</b> Teagen	5:30-6:30pm <b>Zumba</b> Kesha	1:30-2:30pm <b>Yoga</b> Amy	10:00-11:00am <b>SWEAT Cycling</b> Mike H.	PM
6:30-7:30pm <b>Pilates</b> Allison	6:30-7:30pm <b>SWEAT Cycling</b> Maggie	PM	6:30-7:30pm <b>Barre and Core</b> Kesha	6:30-7:30pm <b>SWEAT Cycling</b> Laurice	10:00-11:00am <b>Barre</b> Anjelica	4:00-5:00pm <b>Hatha Yoga</b> Ashley
6:45-7:45pm <b>SWEAT Cycling</b> Orlin		5:30-6:30pm <b>Yoga</b> Jen	N			
7:30-8:30pm <b>Power Fusion</b> Haley		5:30-6:30pm <b>SWEAT Cycling</b> Annie				
		6:30-7:30pm <b>Kickbox</b> Laura				

### 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