

OLD CITY

FEBRUARY 2019

SWEATFITNESS.COM

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|---|--|---|--|---|---|
| PM | AM | PM | AM | PM | AM | AM |
| 6:15-7:15pm SWEAT Dance Party Jen | 5:45-6:45am SWEAT Cycling Evelyn | 12:15-1:15pm Yoga Jen | 6:00-6:30am Express SWEAT Cycling Evelyn | 12:15-1:15pm Bootcamp Miranda | 9:00-10:00am Hard Core Annalisa | 10:00-11:00am Pilates Kalila |
| 7:15-8:15pm Barre Jen | PM | 6:00-7:00pm SWEAT Cycling Heather | 10:00-11:00am Barre Dominuqe | 5:30-6:30pm Vinyasa & Vino MJ | 10:00-11:00am SWEAT Cycling Jenn | |
| | 6:00-7:00pm Boot Camp Karen | 7:15-8:15pm Boot Camp Shawn Reid | PM | | PM | |
| | 7:15-8:15pm Power Yoga Karen | | 12:15-1:15pm House Party Fitness Liz | | 11:00-12:00pm Vinyasa Yoga Eryn | |
| | | | 6:15-7:15pm SWEAT Cycling Orlin | | | |
| | | | 7:15-8:15pm Intervals Miranda | | | |

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