

OLD CITY

JANUARY 2019

SWEATFITNESS.COM

MON	TUE	WED	THU	FRI	SAT	SUN
PM	AM	PM	AM	PM	AM	AM
12:15-1:15pm Cardio Sport Valerie	5:45-6:45am SWEAT Cycling Evelyn	12:15-1:15pm Yoga Amy	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
6:15-7:15pm SWEAT Dance Party 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	
7:15-8:15pm Barre Jen	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