

ONE SOUTH BROAD

JANUARY 2019






SWEATFITNESS.COM

MON	TUE	WED	THU	FRI	SAT	SUN
AM	AM	AM	AM	AM	AM	AM
6:00-6:45am SWEAT Cycling Nicole	6:30-7:30am SWEAT Cycling Laurice	6:30-7:30am Sunrise Yoga Maria T.	6:30-7:30am SWEAT Cycling Laurice	11:00-12:00pm Barre Annalisa	9:30-10:30am Sweat Dance Party Marianna	9:00-9:45am Kickbox Laura
7:00-8:00am Intervals Lauren R.	7:00-8:00am Sunrise Yoga Dana	9:00-10:00am SWEAT Cycling Annalisa	10:00-11:00am Butts and Guts Annalisa	PM	10:00-11:00am SWEAT Cycling Curtis	10:00-11:00am SWEAT Cycling Laura
PM	9:00-10:00am Hardcore Annalisa	PM	11:00-11:30am Express Barre Annalisa	12:00-12:45pm SWEAT Cycling Curtis	11:15-12:15pm Weekend Warrior Shawn R.	10:30-11:30am Zumba Keshia
12:00-12:45pm Pilates Theresa	PM	12:00-12:45pm Barre Miranda	11:30-12:00pm Express Barre Annalisa	12:30-1:30pm RAW Shawn R.	PM	PM
1:00-2:00pm Yoga Justin	12:00-12:30pm HIT IT Hard Kyle	12:00-12:45pm SWEAT Cycling Maggie	PM	5:30-6:30pm Yoga Ash	PM	1:00-2:00pm SWEAT Cycling Mike H.
5:30-6:30pm Sunset Barre Aly	12:15-12:45pm Express Barre Aly	5:30-6:30pm Yoga MJ	12:00-1:00pm SWEAT Cycling Annalisa	5:15-6:15pm Yoga Heidi		
6:30-7:30pm Bootcamp Aly	12:45-1:15pm Rowing Intervals Aly	6:30-7:30pm SWEAT Cycling Jenn E.	5:15-6:15pm Yoga Heidi	5:30-6:30pm SWEAT Cycling Laura M.		
6:30-7:30pm SWEAT Cycling Mike H.	5:30-6:30pm SWEAT Cycling Nicole	7:00-8:00pm HIIT Orlin	6:00-7:00pm Bootcamp Karen	6:00-7:00pm Bootcamp Karen		
7:30-8:30pm SWEAT Cycling Mike H.	6:30-7:30pm Sunset Barre Aly	7:00-8:00pm Yoga Karen	7:15-8:15pm SWEAT Cycling Karen			
	6:45-7:45pm Bootcamp Jenn E.					

Due to increase in popularity some classes other than Cycling classes now require a pre-class sign up. Sign up for the noted classes up to a week ahead of class on our app or by calling the club.

There are multiples studios at this location. Please see key below to see which room your class is located in.

Key:
 Pilates Studio
 Group Fitness Studio
 Cycling Studio

 Sign Up Required
 New Instructor
 New Class
 New Time
 Paid Classes

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.

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