

QUEEN VILLAGE

JANUARY 2019

SWEATFITNESS.COM

MON	TUE	WED	THU	FRI	SAT	SUN
AM	AM	AM	AM	AM	AM	AM
6:00-7:00am SWEATX* See desk for trial	6:00-7:00am SWEATX* See desk for trial	6:00-7:00am SWEATX* See desk for trial	6:00-7:00am SWEATX* See desk for trial	6:00-7:00am SWEATX* See desk for trial	9:00-10:00am HIIT Samantha	8:30-9:45am Ringside Madness Donna Storm
6:00-6:45am SWEAT Cycling Laura Deriggi	6:00-7:00am Ramp It Up! Maria	6:00-6:45am SWEAT Cycling Laura D.	6:00-7:00am Ramp It Up! Mike	6:00-6:45am SWEAT Cycling Laura Deriggi	9:00-10:00am SWEAT Cycling Claire	N 9:00-10:00am SWEAT Cycling Laura Deriggi
10:30-11:30am Vinyasa Yoga Jen	N 9:00-10:00am Intervals Felicia	10:00-11:00am Definitions Donna Storm			10:00-11:30am Vinyasa Yoga MJ	N 10:00-11:15am Vinyasa Yoga Lindsay
			PM	PM		
	PM	PM	12:00-1:00pm SWEATX* See desk for trial	12:00-1:00pm SWEATX* See desk for trial	11:00-12:00pm SWEATX* See desk for trial	
12:00-1:00pm SWEATX* See desk for trial	12:00-1:00pm SWEATX* See desk for trial	12:00-1:00pm SWEATX* See desk for trial	5:30-6:45pm Vinyasa Yoga Matt	6:00-7:00pm SWEATX* See desk for trial		
5:30-6:30pm Box and Burn Miranda	6:00-7:00pm SWEATX* See desk for trial	6:30-7:30pm Sweat HIIT Laura D.	N 6:00-7:00pm SWEATX* See desk for trial		PM	
6:00-7:00pm SWEATX* See desk for trial	6:30-7:30pm SWEAT Cycling Krista	6:00-7:00pm SWEATX* See desk for trial			12:00-1:00pm SWEATX* See desk for trial	
6:30-7:30pm SWEAT Cycling Michael D.	6:30-7:30pm Zumba Kesha				Kids Club: <i>Mon thru Fri:</i> 8:30am-12pm	
6:30-7:30pm Turbo Warrior Laura D.	7:30-8:00pm Core Kesha	6:30-7:30pm SWEAT Cycling Michael D.			<i>Mon & Wed:</i> 4:00pm-8pm	
7:30-8:30pm Yoga Jann					<i>Sat:</i> 8:00am-12pm	

** SWEATX is a small group training program that has an extra fee. See the front desk for a free trial.*

SWEATFITNESS.COM/SWEATX

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.

Key:
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