

CONSHOHOCKEN

MARCH 2019

SWEATFITNESS.COM

MON	TUE	WED	THU	FRI	SAT	SUN
AM	AM	AM	AM	AM	AM	AM
6:00-7:00am Spin & Core Heidi	5:15-5:30am AB Lab Donna	6:30-7:30am Pedal & Metal Paula	5:15-5:30am AB Lab Donna	9:15-10:15am SWEAT Cycling Paula	8:00-9:00am Kickboxing Sue M.	9:15-10:15am SWEAT Cycling Suzanne
9:30-10:30am Box and Core Gerianne	5:30-6:30am Cardio/Chisel Donna	9:30-10:30am Super Circuits Jordan	5:30-6:30am Definitions Donna	9:30-10:30am Boxing Bootcamp Gerianne	9:00-9:30am Pilates Sue M.	10:15-11:15am Yoga Abbie
PM	9:30-10:30am SWEAT Cycling Cheri	PM	9:30-10:45am Box Fusion Jess	PM		
12:15-1:15pm Super Circuit Jordan	PM	12:15-1:15pm Super Circuit Jordan	PM	12:00-1:00pm Super Circuit Jordan		
5:00-5:30pm All Abs Jocelyn	6:00-7:00pm Turbo Kick Kris	N 6:15-7:00pm POUND Diane	6:15-7:15pm SWEAT Cycling Meghan			Kids Club Monday - Friday 8:00am-12pm
5:30-6:30pm Kickboxing Sue M.	6:00-7:00pm SWEAT Cycling Colleen	7:15-8:15pm Yoga Brita	6:45-7:45pm Power Yoga Tim			Monday - Thursday 4:30pm-8pm
6:00-6:45pm SWEAT Cycling Stephen	7:15-8:15pm Yoga Mary					Saturday 8:00am-12pm
6:30-7:15pm Pilates Sue						Sunday 8:00am-12:30pm

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