

# FITLER SQUARE

## MARCH 2019

SWEATFITNESS.COM

| MON  | TUE  | WED  | THU   | FRI   | SAT  | SUN  |
|--|--|--|---|---|--|--|
| AM   | AM   | AM   | AM  | AM  | AM   | AM   |
| 8:30-9:30am<br><b>Yoga</b><br>MJ             | 6:30-7:15am<br><b>SWEAT Cycling</b><br>Rebecca | 5:45-6:00am<br><b>All Abs</b><br>Donna Storm   | 8:30-9:30am<br><b>Yoga</b><br>Justin          | 9:00-10:00am<br><b>Definitions</b><br>Donna Storm | 9:00-10:00am<br><b>Zumba</b><br>Rachael          | <b>N</b> 9:00-10:00am<br><b>Power Pump</b><br>Jacqui |
| PM   | PM   | 6:00-7:00am<br><b>Intervals</b><br>Donna Storm | PM  | PM  | 9:00-10:00am<br><b>SWEAT Cycling</b><br>Mike H.  | 10:00-11:30am<br><b>SWEAT Cycling</b><br>Mike H.     |
| 5:30-6:30pm<br><b>Zumba</b><br>Yvonne        | 5:30-6:30pm<br><b>Vinyasa Yoga</b><br>Kasey    | 8:30-9:30am<br><b>Yoga</b><br>Teagen           | 5:30-6:30pm<br><b>Zumba</b><br>Kesha          | 1:30-2:30pm<br><b>Yoga</b><br>Amy                 | 10:00-11:00am<br><b>SWEAT Cycling</b><br>Mike H. | PM   |
| 6:30-7:30pm<br><b>Pilates</b><br>Allison     | 6:30-7:30pm<br><b>SWEAT Cycling</b><br>Sam     | PM   | 6:30-7:30pm<br><b>Barre and Core</b><br>Kesha | 6:30-7:30pm<br><b>SWEAT Cycling</b><br>Laurice    | 10:00-11:00am<br><b>Barre</b><br>Anjelica        | 4:00-5:00pm<br><b>Hatha Yoga</b><br>Amy              |
| 6:45-7:45pm<br><b>SWEAT Cycling</b><br>Orlin |  | 5:30-6:30pm<br><b>Yoga</b><br>Jen              |   |   |  |  |
| 7:30-8:30pm<br><b>Yoga</b><br>Melissa        |  | 5:30-6:30pm<br><b>SWEAT Cycling</b><br>Annie   |   |   |  |  |
|  |  | 6:30-7:30pm<br><b>Kickbox</b><br>Laura         |   |   |  |  |

### 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