

# MANAYUNK

## MARCH 2019

SWEATFITNESS.COM

MON	TUE	WED	THU	FRI	SAT	SUN
PM	AM	PM	AM		AM	PM
6:00-7:00pm <b>Booty Builder &amp; All Abs</b> Malik	6:00-6:45am <b>SWEAT Cycling</b> Stephen	5:30-6:30pm <b>Steel Mace</b> Jamie	6:00-7:00am <b>SWEAT Cycling</b> Debbie		9:30-10:30am <b>SWEAT Cycling</b> Maggie	12:00-1:00pm <b>Barre</b> Natalie
7:00-8:00pm <b>SWEAT Cycling</b> Jennifer N.	PM	6:30-7:30pm <b>Sweat Dance Party</b> Alec	PM		PM	
7:30-8:30pm <b>Intervals and Weights</b> Erin	6:30-7:30pm <b>Sweat Circuits</b> Felicia	7:00-8:00pm <b>SWEAT Cycling</b> Jazmin	6:00-6:30pm <b>All Abs</b> Erika		12:00-1:00pm <b>Yoga</b> Jeni	
	7:00-8:00pm <b>SWEAT Cycling</b> Rachel	7:30-8:00pm <b>Circuits</b> Stephen	6:30-7:30pm <b>HIIT Intervals</b> Erika			
	7:30-8:30pm <b>Vinyasa Yoga</b> Madison	8:00-8:30pm <b>All Abs</b> Stephen	6:00-7:00pm <b>SWEAT Cycling</b> Annie			
			7:30-8:30pm <b>Pilates</b> Natalie			

### 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