

ONE SOUTH BROAD

MARCH 2019

SWEATFITNESS.COM

MON	TUE	WED	THU	FRI	SAT	SUN
AM	AM	AM	AM	AM	AM	AM
6:30-7:15am SWEAT Cycling Nicole	6:30-7:30am SWEAT Cycling Laurice	6:30-7:30am Sunrise Yoga Amy	6:00-7:00am Intervals Meghan	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	6:30-7:30am SWEAT Cycling Laurice	PM	10:00-11:00am SWEAT Cycling Curtis	10:00-11:00am SWEAT Cycling Laura
PM	9:00-10:00am Hardcore Annalisa	PM	10:00-11:00am Butts and Guts 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 Jen	11:00-11:30am Express Barre Annalisa	12:30-1:30pm RAW Shawn R.	PM	1:00-2:00pm SWEAT Cycling Mike H.
1:00-2:00pm Yoga Justin	12:00-12:30pm HIT IT Hard Kyle	12:00-12:45pm SWEAT Cycling Sam	11:30-12:00pm Express Barre Annalisa	5:30-6:30pm Yoga Ash	There are multiples studios at this location. Please see key below to see which room your class is located in.	
5:30-6:30pm Sunset Barre Aly	12:15-12:45pm Express Barre Aly	5:30-6:30pm Yoga MJ	PM	<i>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.</i>		Key: Pilates Studio Group Fitness Studio Cycling Studio
6:30-7:30pm Bootcamp Aly	12:45-1:15pm Rowing Intervals Aly	6:30-7:30pm SWEAT Cycling Jenn E.	12:00-1:00pm SWEAT Cycling Annalisa			
6:30-7:30pm SWEAT Cycling Mike H.	5:30-6:30pm SWEAT Cycling Nicole	7:00-8:00pm HIIT Orlin	5:15-6:15pm Yoga Heidi			
7:30-8:30pm SWEAT Cycling Mike H.	6:30-7:30pm Sunset Barre Aly	7:00-8:00pm Yoga Karen	5:30-6:30pm SWEAT Cycling Laura M.			
	6:45-7:45pm Bootcamp Jenn E.		6:00-7:00pm Bootcamp Karen			
			7:15-8:15pm SWEAT Cycling Karen			

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

-  Sign Up Required
- N** New Instructor
-  New Class
-  New Time
- \$** Paid Classes