

# QUEEN VILLAGE

## MARCH 2019

SWEATFITNESS.COM

MON	TUE	WED	THU	FRI	SAT	SUN
AM	AM	AM	AM	AM	AM	AM
6:00-7:00am <b>SWEATX*</b> See desk for trial	6:00-7:00am <b>SWEATX*</b> See desk for trial	6:00-7:00am <b>SWEATX*</b> See desk for trial	6:00-7:00am <b>SWEATX*</b> See desk for trial	6:00-7:00am <b>SWEATX*</b> See desk for trial	9:00-10:00am <b>HIIT</b> Samantha	8:30-9:45am <b>Ringside Madness</b> Donna Storm
6:00-6:45am <b>SWEAT Cycling</b> Laura Deriggi	6:00-7:00am <b>Ramp It Up!</b> Maria	6:00-6:45am <b>SWEAT Cycling</b> Laura D.	6:00-7:00am <b>Ramp It Up!</b> Mike	6:00-6:45am <b>SWEAT Cycling</b> Laura Deriggi	9:00-10:00am <b>SWEAT Cycling</b> Laura	9:00-10:00am <b>SWEAT Cycling</b> Laura Deriggi
10:30-11:30am <b>Vinyasa Yoga</b> Jen	9:00-10:00am <b>Intervals</b> Felicia	10:00-11:00am <b>Definitions</b> Donna Storm	PM	PM	10:00-11:30am <b>Vinyasa Yoga</b> Bailey	<b>N</b> 10:00-11:15am <b>Vinyasa Yoga</b> Lindsay
PM	PM	PM	12:00-1:00pm <b>SWEATX*</b> See desk for trial	12:00-1:00pm <b>SWEATX*</b> See desk for trial	11:00-12:00pm <b>SWEATX*</b> See desk for trial	<b>* SWEATX is a small group training program that has an extra fee. See the front desk for a free trial.</b>
12:00-1:00pm <b>SWEATX*</b> See desk for trial	12:00-1:00pm <b>SWEATX*</b> See desk for trial	12:00-1:00pm <b>SWEATX*</b> See desk for trial	5:30-6:30pm <b>Vinyasa Yoga</b> Matt	6:00-7:00pm <b>SWEATX*</b> See desk for trial	PM	<b>SWEATFITNESS.COM/ SWEATX</b>
5:30-6:30pm <b>Box and Burn</b> Beverly	6:00-7:00pm <b>SWEATX*</b> See desk for trial	6:30-7:30pm <b>Sweat HIIT</b> Laura D.	6:00-7:00pm <b>SWEATX*</b> See desk for trial		12:00-1:00pm <b>SWEATX*</b> See desk for trial	<b>First time at Sweat?</b> Your first class is FREE! Please bring valid, local ID. Must be over 18 years of age.
6:00-7:00pm <b>SWEATX*</b> See desk for trial	6:30-7:30pm <b>SWEAT Cycling</b> Krista	6:00-7:00pm <b>SWEATX*</b> See desk for trial	6:30-7:30pm <b>Zumba</b> Rachel	Ⓟ	<b>Kids Club:</b> <i>Mon thru Fri:</i> 8:30am-12pm	
6:30-7:30pm <b>SWEAT Cycling</b> Michael D.	6:30-7:30pm <b>Zumba</b> Keshia	6:30-7:30pm <b>SWEATX*</b> See desk for trial			<i>Mon &amp; Wed:</i> 4:00pm-8pm	<b>Drop-ins: \$25.00 for non-members.</b>
6:30-7:30pm <b>Turbo Warrior</b> Laura D.	7:30-8:00pm <b>Core</b> Keshia	6:30-7:30pm <b>SWEAT Cycling</b> Michael D.			<i>Sat:</i> 8:00am-12pm	
7:30-8:30pm <b>Yoga</b> Jann						

**Key:**  
**N** New Instructor  
 Ⓟ New Class  
 ⌚ New Time  
 \$ Paid Classes

<b>QUEEN VILLAGE</b> 700 PASSYUNK 215.627.5600	<b>SOUTH PHILLY</b> 1509 E. PASSYUNK 215.271.0303	<b>ONE SOUTH BROAD</b> 1 SOUTH BROAD ST. 215.564.0303	<b>FITLER SQUARE</b> 200 S. 24TH ST. 215.351.0100	<b>OLD CITY</b> 45 N 3RD ST. 215.923.8763	<b>MANAYUNK</b> 4151 MAIN ST. 215.487.7100	<b>CONSHOHOCKEN</b> 200 W. RIDGE 610.941.3600
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