


MANAYUNK

APRIL 2019

SWEATFITNESS.COM

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