

# ONE SOUTH BROAD

## APRIL 2019

SWEATFITNESS.COM

MON	TUE	WED	THU	FRI	SAT	SUN
AM	AM	AM	AM	AM	AM	AM
7:00-8:00am <b>Intervals</b> Lauren R.	6:30-7:30am <b>SWEAT Cycling</b> Laurice	6:30-7:30am <b>Sunrise Yoga</b> Amy	6:00-7:00am <b>Intervals</b> Meghan	11:00-12:00pm <b>Barre</b> Annalisa	9:30-10:30am <b>Sweat Dance Party</b> Marianna	9:00-9:45am <b>Kickbox</b> Laura
PM	7:00-8:00am <b>Sunrise Yoga</b> Dana	9:00-10:00am <b>SWEAT Cycling</b> Annalisa	6:30-7:30am <b>SWEAT Cycling</b> Laurice	PM	10:00-11:00am <b>SWEAT Cycling</b> Curtis	10:00-11:00am <b>SWEAT Cycling</b> Laura
12:00-12:45pm <b>Pilates</b> Theresa	9:00-10:00am <b>Hardcore</b> Annalisa	PM	10:00-11:00am <b>Butts and Guts</b> Annalisa	12:00-12:45pm <b>SWEAT Cycling</b> Curtis	11:15-12:15pm <b>Weekend Warrior</b> Shawn R.	10:30-11:30am <b>Zumba</b> Keshia
1:00-2:00pm <b>Yoga</b> Justin	PM	12:00-12:45pm <b>Barre</b> Jen	11:00-11:30am <b>Express Barre</b> Annalisa	12:30-1:30pm <b>RAW</b> Shawn R.		11:30-12:00pm <b>Core</b> Keshia
5:30-6:30pm <b>Sunset Barre</b> Aly	12:00-12:30pm <b>HIT IT Hard</b> Kyle	12:00-12:45pm <b>SWEAT Cycling</b> Sam	11:30-12:00pm <b>Express Barre</b> Annalisa	5:30-6:30pm <b>Yoga</b> Ash		PM
6:30-7:30pm <b>Bootcamp</b> Aly	12:15-12:45pm <b>Express Barre</b> Aly	5:30-6:30pm <b>Yoga</b> MJ	PM			1:00-2:00pm <b>SWEAT Cycling</b> Mike H.
6:30-7:30pm <b>SWEAT Cycling</b> Mike H.	12:45-1:15pm <b>Rowing Intervals</b> Aly	6:30-7:30pm <b>SWEAT Cycling</b> Jenn E.	12:00-1:00pm <b>SWEAT Cycling</b> Annalisa	12:00-1:00pm <b>SWEAT Cycling</b> Annalisa		<p><b>There are multiples studios at this location. Please see key below to see which room your class is located in.</b></p> <p><b>Key:</b>  <span style="color: blue;">Pilates Studio</span>  <span style="color: blue;">Group Fitness Studio</span>  <span style="color: green;">Cycling Studio</span></p>
7:30-8:30pm <b>SWEAT Cycling</b> Mike H.	5:30-6:30pm <b>SWEAT Cycling</b> Nicole	7:00-8:00pm <b>HIIT</b> Orlin	5:15-6:15pm <b>Yoga</b> Heidi	5:15-6:15pm <b>Yoga</b> Heidi	<p><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></p>	
	5:30-6:30pm <b>Bootcamp</b> Laura	7:00-8:00pm <b>Yoga</b> Karen	5:30-6:30pm <b>SWEAT Cycling</b> Laura M.	6:00-7:00pm <b>Bootcamp</b> Karen		
	6:30-7:30pm <b>Sunset Barre</b> Aly		6:00-7:00pm <b>Bootcamp</b> Karen	7:15-8:15pm <b>SWEAT Cycling</b> Karen		
	7:00-8:00pm <b>Vixen Workout</b> Dani					

**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