

# ONE SOUTH BROAD

## JUNE 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 Cyling</b> Laurice	9:00-10:00am <b>SWEAT Cyling</b> Annalisa	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
			6:30-7:30am <b>SWEAT Cycling</b> Laurice	11:30-12:15pm <b>SWEAT Cycling</b> Lauren	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	12:00-12:30pm <b>HIT IT Hard</b> Annalisa	12:00-12:45pm <b>Barre</b> Jen	10:00-11:00am <b>Butts and Guts</b> Annalisa		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	12:15-12:45pm <b>Express Barre</b> Aly	12:00-12:45pm <b>SWEAT Cycling</b> Sam	11:00-11:30am <b>Express Barre</b> Annalisa	12:15-1:00pm <b>SWEAT Cycling</b> Lauren		11:30-12:00pm <b>Core</b> Keshia
5:30-6:30pm <b>Sunset Barre</b> Aly	12:30-1:00pm <b>HIT IT Hard</b> Annalisa	5:30-6:30pm <b>Kickbox</b> Christine	11:30-12:00pm <b>Express Barre</b> Annalisa	12:30-1:30pm <b>RAW</b> Shawn R.		
5:30-6:15pm <b>SWEAT Cycling</b> Lauren	12:45-1:15pm <b>Rowing Intervals</b> Aly	5:30-6:30pm <b>Yoga</b> MJ		5:30-6:30pm <b>Yoga</b> Ash		1:00-2:00pm <b>SWEAT Cycling</b> Mike H.
6:15-7:00pm <b>SWEAT Cycling</b> Lauren	5:30-6:30pm <b>SWEAT Cycling</b> Nicole	6:30-7:30pm <b>SWEAT Cycling</b> Jenn E.	12:00-1:00pm <b>SWEAT Cycling</b> Annalisa			
6:30-7:30pm <b>Bootcamp</b> Aly	5:30-6:30pm <b>Bootcamp</b> Laura	7:00-8:00pm <b>HIIT</b> Orlin	5:15-6:15pm <b>Yoga</b> Heidi			
	6:30-7:30pm <b>Sunset Barre</b> Aly	7:00-8:00pm <b>Yoga</b> Karen	5:30-6:30pm <b>SWEAT Cycling</b> Laura M.			
	7:00-8:00pm <b>Vixen Workout</b> Dani		6:00-7:00pm <b>Bootcamp</b> Karen			

*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.*

**There are multiples studios at this location. Please see key below to see which room your class is located in.**

**Key:**  
P Pilates Studio  
G Group Fitness Studio  
C Cycling Studio

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

**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