

# OLD CITY AUGUST 2019

SWEATFITNESS.COM

MON	TUE	WED	THU	FRI	SAT	SUN
PM	AM	PM	AM	PM	AM	AM
6:15-7:15pm <b>SWEAT Dance Party</b> Jen	5:45-6:45am <b>SWEAT Cycling</b> Evelyn	12:15-1:15pm <b>Yoga</b> Jen	6:00-6:30am <b>Express SWEAT Cycling</b> Evelyn	5:30-6:30pm <b>Vinyasa &amp; Vino</b> MJ	9:00-10:00am <b>Hard Core</b> Annalisa	10:00-11:00am <b>Pilates</b> Shereen
7:15-8:15pm <b>Barre</b> Jen	PM	6:15-7:15pm  <b>SWEAT Cycling</b> Kelly	PM		10:00-11:00am <b>SWEAT Cycling</b> Jenn	11:00-12:00pm <b>Yoga</b> Chrissy
	6:00-7:00pm <b>Boot Camp</b> Karen	7:15-8:15pm <b>Boot Camp</b> Shawn Reid	12:15-1:15pm <b>House Party Fitness</b> Liz		PM	
	7:15-8:15pm <b>Power Yoga</b> Karen		6:15-7:15pm <b>SWEAT Cycling</b> Orlin		11:00-12:00pm <b>Vinyasa Yoga</b> Melissa	
			7:15-8:15pm <b>Yoga/Sculpt</b> Jen			

### 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 EAST PASSYUNK  
215.627.5600

#### SOUTH PHILLY

1509 EAST PASSYUNK  
215.271.0303

#### OLD CITY

45 NORTH 3RD ST.  
215.923.8763

#### ONE SOUTH BROAD

1 SOUTH BROAD ST.  
215.564.0303

#### FITLER SQUARE

200 SOUTH 24TH ST.  
215.351.0100

#### MANAYUNK

4151 MAIN ST.  
215.487.7100