

# ONE SOUTH BROAD

## AUGUST 2019

SWEATFITNESS.COM

MON	TUE	WED	THU	FRI	SAT	SUN
PM	AM	PM	AM	AM	AM	AM
12:00-12:45pm <b>Pilates</b> Jenn	6:30-7:30am <b>SWEAT Cyling</b> Laurice	12:00-12:45pm <b>Barre</b> Jen	6:30-7:30am <b>SWEAT Cycling</b> Laurice	11:30-12:15pm <b>SWEAT Cycling</b> Lauren	9:30-10:30am <b>Sweat Dance Party</b> Marianna	9:00-9:45am <b>Kickbox</b> Laura
12:00-12:30pm <b>Express Barre</b> Aly	PM	12:00-12:45pm <b>SWEAT Cycling</b> Sam	10:00-11:00am <b>Butts and Guts</b> Annalisa	PM	10:00-11:00am <b>SWEAT Cycling</b> Curtis	10:00-11:00am <b>SWEAT Cycling</b> Laura
12:30-1:00pm <b>Express Barre</b> Aly	12:00-12:45pm <b>HIT IT Hard</b> Annalisa	5:30-6:30pm <b>Kickbox</b> Christine	11:00-11:30am <b>Express Barre</b> Annalisa	12:00-1:00pm <b>Barre</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> Alexis	<b>N</b> 1:00-1:30pm <b>Express Barre</b> Aly	5:30-6:30pm <b>Yoga</b> MJ	11:30-12:00pm <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	1:30-2:00pm <b>Rowing Intervals</b> Aly	6:30-7:30pm <b>SWEAT Cycling</b> Jenn E.	PM	12:30-1:30pm <b>RAW</b> Shawn R.		
5:30-6:15pm <b>SWEAT Cycling</b> Lauren	5:30-6:30pm <b>SWEAT Cycling</b> Nicole	7:00-8:00pm <b>HIIT</b> Orlin	12:00-1:00pm <b>SWEAT Cycling</b> Annalisa	5:30-6:30pm <b>Yoga</b> Ash		<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>   Pilates Studio   Group Fitness Studio   Cycling Studio</p>
6:15-7:00pm <b>SWEAT Cycling</b> Lauren	5:30-6:30pm <b>Bootcamp</b> Laura	7:00-8:00pm <b>Yoga</b> Karen	5:15-6:15pm <b>Yoga</b> Heidi			
6:30-7:30pm <b>Bootcamp</b> Aly	6:30-7:30pm <b>Sunset Barre</b> Aly		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.*

- Sign Up Required
- N** New Instructor
- New Class
- 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 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