




# SOUTH PHILLY AUGUST 2019

SWEATFITNESS.COM

MON	TUE	WED	THU	FRI	SAT	SUN
PM	AM	AM	AM	AM	AM	AM
5:30-6:30pm  <b>Sunset Barre</b> Annalisa	10:00-11:00am <b>Yoga Sculpt</b> Lucy	6:00-7:00am <b>SWEAT Cycling</b> Curtis	6:00-7:00am <b>Cardio Sport</b> Valerie	9:00-10:00am <b>HIIT</b> Felicia	10:00-11:15am <b>Yoga</b> Tracy	10:00-11:00am <b>SWEAT Cycling</b> Annalisa
6:00-7:00pm <b>SWEAT Cycling X</b> Willa	PM	PM	PM		11:30-12:30pm <b>Cardio Sport</b> Valerie	10:00-11:15am <b>Vinyasa Yoga</b> Christine
6:30-7:30pm <b>Boot Camp</b> Arielle	6:00-7:00pm <b>Happy Hour</b> Sam	<b>N</b> 6:00-7:00pm <b>Zumba</b> Yvonne	5:45-6:45pm <b>Bootcamp</b> Courtney		PM	
7:30-8:30pm <b>Vinyasa Yoga</b> Lucy	6:30-7:30pm <b>SWEAT Cycling</b> Courtney	6:00-7:30pm <b>Bike and Bootcamp</b> Willa	6:45-7:45pm  <b>Sunset Barre</b> Annalisa		1:00-2:00pm <b>Barre</b> Jen	
	7:00-8:00pm <b>Yoga</b> Amy	7:15-8:15pm <b>Pilates</b> Donna				

 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.

### 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