

FITLER SQUARE

SEPTEMBER 2019




SWEATFITNESS.COM

MON	TUE	WED	THU	FRI	SAT	SUN
AM	AM	AM	PM	AM	AM	AM
8:30-9:30am Yoga MJ	6:00-7:00am Yoga Annie	5:45-6:00am All Abs Donna Storm	5:30-6:30pm Zumba Kesha	9:00-10:00am Definitions Donna Storm	9:00-10:00am SWEAT Cycling Mike H.	9:00-10:00am Power Pump Jacqui
PM	PM	6:00-7:00am Intervals Donna Storm	6:30-7:30pm Barre and Core Kesha	10:00-11:00am SWEAT Cycling Mike H.	10:00-11:00am SWEAT Cycling Mike H.	10:00-11:30am SWEAT Cycling Mike H.
5:30-6:30pm Zumba Yvonne	5:30-6:30pm Vinyasa Yoga Kasey	8:30-9:30am Yoga Teagen		10:00-11:00am Yoga Bridget		4:00-5:00pm Hatha Yoga Lexi
6:30-7:30pm Pilates Allison	6:30-7:30pm SWEAT Cycling Cheyenne	PM				
7:30-8:30pm Yoga Melissa		5:30-6:30pm Yoga Dana				
		6:30-7:30pm Kickbox Laura				

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