QUEEN VILLAGE
SEPTEMBER 2019

SWEATFITNESS.COM

MON

AM

6:00-7:00am
SWEATX*
See desk for trial

6:00-6:45am
SWEAT Cycling
Laura Deriggi

9:30-10:30am
Yoga
Jen

PM

12:00-1:00pm
SWEATX*
See desk for trial

5:30-6:30pm
Box and Burn
Beverly

6:00-7:00pm
SWEATX*
See desk for trial

6:30-7:30pm
SWEAT Cycling
Michael D.

6:30-7:30pm
Turbo Warrior
Laura D.

7:30-8:30pm
Yoga
MJ

TUE

AM

6:00-7:00am
SWEATX*
See desk for trial

6:00-7:00am
Ramp It Up!
Meghan

9:00-10:00am
Intervals
Felicia

PM

12:00-1:00pm
SWEATX*
See desk for trial

6:00-7:00pm
SWEATX*
See desk for trial

6:30-7:30pm
SWEAT Cycling
Krista

6:30-7:30pm
Zumba
Kesha

7:30-8:00pm
Core
Kesha

WED

AM

6:00-7:00am
SWEATX*
See desk for trial

6:00-6:45am
SWEAT Cycling
Laura D.

10:00-11:00am
Definitions
Donna Storm

PM

12:00-1:00pm
SWEATX*
See desk for trial

6:30-7:30pm
Sweat HIIT
Laura D.

6:00-7:00pm
SWEATX*
See desk for trial

6:30-7:30pm
SWEAT Cycling
Michael D.

THU

AM

6:00-7:00am
SWEATX*
See desk for trial

6:00-7:00am
Ramp It Up!
Meghan

PM

12:00-1:00pm
SWEATX*
See desk for trial

5:30-6:30pm
Vinyasa Yoga
Matt

6:00-7:00pm
SWEATX*
See desk for trial

FRI

AM

6:00-7:00am
SWEATX*
See desk for trial

6:00-6:45am
SWEAT Cycling
Laura Deriggi

PM

12:00-1:00pm
SWEATX*
See desk for trial

6:00-7:00pm
SWEATX*
See desk for trial

SAT

AM

9:00-10:00am
HIIT
Beverly

9:00-10:00am
SWEAT Cycling
Cheyenne

10:00-11:15am
Vinyasa Yoga
Lindsay

11:00-12:00pm
SWEATX*
See desk for trial

PM

12:00-1:00pm
SWEATX*
See desk for trial

Kids Club:
Mon thru Fri:
8:30am-12pm

Mon & Wed:
4:00pm-8pm

Sat: 8:00am-12pm

SUN

AM

8:30-9:45am
Ringside Madness
Donna Storm

9:00-10:00am
SWEAT Cycling
Laura

10:00-11:15am**Vinyasa Yoga**
Collette

**** SWEATX is a small group training program that has an extra fee. See the front desk for a free trial.***

SWEATFITNESS.COM/SWEATX

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.

Key:
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