

monday

tuesday

wednesday

thursday

friday

saturday

sunday

conshohocken philadelphia

<p>6:00-7:00am <b>SPINNING</b> Heidi</p> <p>8:30-9:30am <b>Pilates</b> Bethanie</p> <p>9:30-10:30am <b>Cardio Body Blast</b> Gerian/Lisa F</p> <p>12:15-1:15 <b>Super Circuit</b> Ann</p> <p>5:30-6:30pm <b>Cardio Combat</b> Lisa R</p> <p>5:45-6:45pm <b>SPINNING</b> Dan</p> <p>6:30-7:30pm <b>Butts &amp; Guts</b> Allison</p>	<p>9:15-10:15 <b>SPINNING</b> Hope</p> <p>9:30-10:30am <b>Kickbox &amp; Core</b> Gerian</p> <p>4:30-5:30pm <b>Muscle Blast</b> Paula</p> <p>5:30-6:30pm <b>Trek &amp; Weights</b> Dan</p> <p>6:30-7:30pm <b>Hard Core</b> Boxing Kevin</p> <p>7:30-8:30pm <b>Power Yoga</b> Deb</p>	<p>8:30-9:30am <b>Pilates</b> Bethanie</p> <p>9:30-10:15am <b>Pump Express</b> Paula</p> <p>12:15-1:15 <b>Super Circuit</b> Justin</p> <p>5:00-6:00pm <b>RingSide</b> Dan</p> <p>6:00-7:00pm <b>SPINNING</b> Hope</p> <p>6:00-6:30pm <b>Sculpt</b> Dan</p>	<p>6:00-7:00am <b>SPINNING</b> Heather</p> <p>8:30-9:30am <b>Pilates &amp; Stability Ball</b> Melissa</p> <p>9:15-10:15 <b>SPINNING</b> Hope</p> <p>9:30-10:30am <b>H.I.I.T. &amp; Tone</b> Sue Capizzi</p> <p>5:30-6:30pm <b>Zumba</b> Joe</p> <p>6:30-7:30pm <b>Sculpt &amp; Tone</b> Karen</p>	<p>8:30-9:30am <b>Pilates</b> Bethanie</p> <p>9:15-10:15 <b>SPINNING</b> Lisa R</p> <p>9:30-10:30am <b>Kickboxing</b> Gerian</p> <p>5:00-6:00pm <b>Happy Hour SPINNING</b> Dan</p>	<p>8:00-9:00am <b>Sports Conditioning</b> Sharon</p> <p>9:15-10:15am <b>Zumba</b> Joe</p> <p>9:30-10:30am <b>SPINNING</b> Jen/Lisa R.</p> <p>10:30-11:30am <b>Yoga</b> Andrea</p>	<p>9:00-10:00am <b>Sunday Brunch</b> Burnout Dan</p> <p>9:15-10:15am <b>SPINNING</b> Kristin</p> <p>10:30-11:30am <b>Power Fusion</b> Karen</p>
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**Happy New Year!**  
Carefully review this Winter 2011 Calendar; the Website ([www.sweatfitness.com](http://www.sweatfitness.com)) & Facebook for NEW Classes, Teachers, Events, Trainings & Aquatic programs for Everyone. Visit your neighborhood Sweat for localized offerings

**Kids Club available:**  
Mon- Fri 9:00am- 12noon  
Mon- Thu 5:00pm- 8:00pm  
Sat & Sun 8:00am- 12noon

**Indicates Change:**  
 [P] New  
 [C] Time Change  
 [S] New Instructor  
 [N] Note!  
 [F] See News:  
 [G] Group Training  
 [A] Additional Fee  
 t.b.a to be announced  
 [K] Kids Club Open

**Sustainable Fitness SERIES** with Pete Mattis: PART 1 "Setting the Foundations" **STABILIZE 4 Week FOUNDATIONS & FUNDAMENTALS** of Sustainable Fitness  
 In order to expand fully into our own potential, we need a solid foundation from which to grow from. Join Fitness Expert Pete Mattis and establish a strong & intelligent fitness foundation that will enhance any activity or sport you practice. Thurs Jan 13, 20, 27 Feb 3 6:00- 7:30pm Queen Village  
 Investment: Training & Mentoring: \$55 per 90 minute session with a 4 session commitment= \$220  
 Sweat Members & Teachers : \$40 per 90 minute session with a 4 session commitment= \$160

**Yoga PRACTICE & GOAL SETTING Workshop** "The Fire of Creation Destruction"  
 In order to create a new vision for your body & life, we need to remove blocks that prevent us from "seeing" & accessing our true potential. Join Pete Mattis for this Workshop & Practice that will clear the mind, open the heart, energize the body and connect to your true NATURE, setting a foundation for your optimal blueprint for living.  
 Leave with tools & practices that Energize, Strengthen, emPower...  
 Saturday January 29 10:00a- 1:00p SWEAT Arch Street  
 Investment: Practice & Workshop \$55; Sweat Members & Teachers \$40

**TOTAL BODY CONDITIONING** Integrated Training **TEACHER TRAINING**  
 Are you a fitness enthusiast interested in expanding your fitness knowledge; an existing teacher looking to expand your teaching toolbox; a student interested in teaching to groups? Join Pete Mattis, Fitness expert (voted top 100 Trainers in America by Men's Journal) for this training & mentoring program that will provide you the tools to create then teach an Integrated Functional Fitness Class. Sat Feb 5 Arch St 8:30am- 5:30pm. Upon successful completion of this program, teachers will be able to teach at ALL Sweat Fitness locations beginning April 2011.  
 Investment: Training & Mentoring: \$300; Current Teachers & Members \$200  
**For these Programs:**  
 Email: Petemattis@sweatfitness.com; www.sweatfitness.com & Click "Fitness Workshops"  
 Register: Call a Front Desk representative at your neighborhood Sweat Fitness location.

**For SWIMMING Programs:** See reverse side under "Aqua at Arch";  
 Email: Hollywaters@sweatfitness.com; www.sweatfitness.com & Click "Aquatics"

**VISIT your Neighborhood Sweat Fitness** for localized events, group trainings & specials!



**CONSHOHOCKEN**  
 February-March 2011  
 get that ass to class

- Filler Square:**  
200 South 24th St.  
215 351 0100
- Main Street Manayunk:**  
4151 Main St.  
215 487 7100
- Queen Village:**  
700 Passyunk Ave.  
215 627 5600
- Center City:**  
Broad & Arch streets  
215 564 0303
- Old City**  
45 N 3rd St  
215 923 8763
- South Philly**  
1509 E Passyunk Ave  
215 271 0303
- King of Prussia**  
217 W Church Rd  
610 337 9328
- Conshohocken**  
200 W Ridge Pike  
610 941 3500