

FITTEST MAMA CHALLENGE 2010

Workshop/Weigh-In Schedule

Tuesday, January 5

7:30 pm

Romp n Roll
2856 W. Moreland Rd.
Willow Grove, PA

Orientation/Measurements/'Before' Pictures by MG Pictures

Thursday, January 21

7:30 pm

Gymboree
515 Stump Rd.
In The Village Shopping Center
North Wales, PA

Nutrition by Debra Lermite of Know Thyself Healthy Nutrition

Wednesday, February 3

10:15 am

Imagination Playzone
Inside Montgomery Mall, Lower Level next to JC Penney
Montgomeryville, PA

Be a Better YOU, Be a Better Mom by Claudine Wolk

Tuesday, February 16

7:30 pm

Twining Valley Golf and Fitness Center
1400 Twining Rd.
Dresher, PA

Go for the Goal! by Carol Capone of Twining Valley Golf and Fitness Center

Tuesday, March 2

7:00 pm

Rhino Chiropractic
6809 Germantown Ave.
Philadelphia, PA

Mamagonomics by Dr. Damien Ciasullo of Rhino Chiropractic

Thursday, March 18

7:30 pm

Fleet Feet Sports
Gwynedd Crossing Shopping Center
1210 Bethlehem Pike
North Wales, PA

Balancing Blood Sugar by Joanna Chodorowska of Nutrition in Motion

Sunday, March 21

9 am

Group Run, Hosted by Fleet Feet Sports of North Wales

Tuesday, March 30

7:30 pm

Romp n Roll
2856 W. Moreland Rd.
Willow Grove, PA

Final body composition testing, 'After' Photos by MG Pictures

Workshop schedule is subject to change with advanced notice.

Thursday, April 15

7 pm

The Mud Shack
In The Village Shopping Center
515 Stump Rd.
North Wales, PA

Moms' Night Out Celebration! Come enjoy some food, wine, and pottery painting or glass making, and learn who the WINNERS of the 3rd Annual Fittest Mama Challenge will be!

