

Love Your Baby, Love Your Body...

One Fit Mama® Winter Classes

Morning

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Bounce U

420 Babylon Rd.
Horsham

9:15 am
to
10:15 am

Neshaminy Mall

Rt. 1 and Bristol Rd.
(AMC entrance)
Bensalem

9:00 am
to
10:00 am

The Center on Central

24 W. Central Ave.
Paoli

10:15 am
to
11:15 am

Neshaminy Mall

Rt. 1 and Bristol Rd.
(AMC entrance)
Bensalem

9:00 am
to
10:00 am

The Center on Central

24 W. Central Ave.
Paoli

10:15 am
to
11:15 am

Montgomery Mall

230 Montgomery Mall
(Salsas entrance)
North Wales

9:00 am
to
10:00 am

Bounce U

882 Springdale Dr.
Exton

10:00 am
to
11:00 am

Montgomery Mall

230 Montgomery Mall
(Salsas entrance)
North Wales

9:00 am
to
10:00 am

Bounce U

420 Babylon Rd.
Horsham

9:15 am
to
10:15 am

Montgomery Mall

230 Montgomery Mall
(Salsas entrance)
North Wales

9:00 am
to
10:00 am

Montgomery Mall

230 Montgomery Mall
(Salsas entrance)
North Wales

9:00 am
to
10:00 am

Don't forget
—
Dads workout
for free on the
weekends!



In the event of severe weather, please call 215-480-1576 one hour prior to class time to check for any changes or cancellations.

The Sports Zone

1065 Industrial Blvd.
Southampton

9:45 am
to
10:45 am

Conshohocken Health & Fitness Center

1100 E. Hector St.
(Spring Mill Park)
Conshohocken

9:45 am
to
10:45 am

Bally Total Fitness

(Stroller Fitness)

151 York Rd.
Willow Grove

9:45 am
to
10:45 am

Holy Martyrs

121 Allison Rd.
Oreland

5:45 pm
to
6:45 pm

Bally Total Fitness

(Kid Free)

151 York Rd.
Willow Grove

7:30 pm
to
8:30 pm

Classes highlighted with a ** are in danger of being cancelled. If you love a class, let us know by attending regularly!



Evening