

Love Your Baby, Love Your Body...

One Fit Mama® Winter I Classes

Morning

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Montgomery Mall

Montgomery Mall

Montgomery Mall

Montgomery Mall

Upper level next to Dick's
Montgomeryville

Upper level next to Dick's
Montgomeryville

Bally Total Fitness

Upper level next to Dick's
Montgomeryville

Upper level next to Dick's
Montgomeryville

9:00am to 10:00am

9:00am to 10:00am

151 York Rd.
Willow Grove
9:45 am to 10:45 am

9:00am to 10:00am

9:00am to 10:00am

The Sports Zone

Radnor Activity Center

125 S. Wayne Ave.
Wayne

10:00 am to 11:00 am

1065 Industrial Blvd.
Southampton

9:30 am to 10:30 am

Radnor Activity Center

125 S. Wayne Ave.
Wayne

10:00 am to 11:00 am

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



In the event of severe weather, please call 215-886-2869 or visit www.onefitmama.com one hour prior to class time to check for any cancellations.

Holy Martyrs School

121 Allison Rd.
Oreland

5:45 pm to 6:45 pm

Bally Total Fitness

151 York Rd.
Willow Grove

7:30 pm to 8:30 pm



Evening