

Love Your Baby, Love Your Body...

One Fit Mama® Winter Classes

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Morning

Upper Dublin Sports Center

(Stroller Free)

680 Tennis Ave.
Ambler

9:45 am
to
10:45 am

Upper Dublin Sports Center

(Stroller Free)

680 Tennis Ave.
Ambler

9:45 am
to
10:45 am

Bounce U

420 Babylon Rd.
Horsham

9:30am
to
10:30 am

Mondauk Common

1451 Dillon Rd.
Ambler

9:45 am
to
10:45 am

In the event of severe weather, please call 215-983-6260 or check our facebook page one hour prior to class time to check for any changes or cancellations.

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



Evening