



Love your Baby...  
Love your Body

**One Fit Mama Winter Classes**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING</b>	<b>Upper Dublin Sports Center</b> (Stroller Free) 680 Tennis Ave. Ambler 9:45 am to 10:45 am	<b>Upper Dublin Sports Center</b> (Stroller Free) 680 Tennis Ave. Ambler 9:45 am to 10:45 am	<b>Upper Dublin Sports Center</b> (Stroller Free) 680 Tennis Ave. Ambler 9:45 am to 10:45 am	<b>Bounce U</b> 420 Babylon Rd. Horsham 9:30am to 10:30 am	<b>Upper Dublin Sports Center</b> (Stroller Free) 680 Tennis Ave. Ambler 9:45 am to 10:45 am	
	<p>In the event of severe weather, please call 215-983-6260 one hour prior to class time to check for any changes or cancellations</p>				<p><b>Starts 2/23</b>  <b>BucksMont Indoor Sports Center</b>            2278 North Penn Road            Hatfield            9:45am to 10:45am</p>	
<b>EVENING</b>		<p><b>Starts 2/28</b>  <b>Romp &amp; Roll</b>            2856 W. Moreland Road            Willow Grove            6:30 pm to 7:30 pm            (Moms must wear socks)</p>				

<http://www.OneFitMama.com> • Ambler • 215-983-6260 • [kristi@onefitmama.com](mailto:kristi@onefitmama.com)