

# Love Your Baby, Love Your Body...

## One Fit Mama® Summer Classes

Morning

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Ft. Washington State Park**

Rt. 73 and Militia Hill Rd.  
Ft. Washington

9:30 am  
to  
10:30 am

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Ft. Washington

9:30 am  
to  
10:30 am

**Holy Martyrs School**

121 Allison Rd.  
Oreland

10:00 am  
to  
11:00 am

**The Sports Zone**

1065 Industrial Blvd.  
Southampton

9:45 am  
to  
10:45 am

**Radnor Trail**

D'Antonio Park,  
405 W. Wayne Ave.  
Wayne

10:00 am  
to  
11:00 am

**Mondauk Common**

1451 Dillon Rd.  
Ambler

10:00 am  
to  
11:00 am

**Radnor Trail**

D'Antonio Park,  
405 W. Wayne Ave.  
Wayne

10:00 am  
to  
11:00 am

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



In the event of rain or severe weather, please call 267-470-4000 one hour prior to class time to check for any changes or cancellations.

**Forbidden Drive**

Northwestern Ave. and Wissahickon Dr.  
Philadelphia (Chestnut Hill)

5:45 pm  
to  
6:45 pm

**Bally Total Fitness**

151 York Rd.  
Willow Grove

7:30 pm  
to  
8:30 pm



Evening