



RECURRING EVENTS

Saturday, December 1 – One Fit Mama™ Stroller Fitness Class – 9:00 am – Montgomery Mall, Ruby Tuesdays entrance, North Wales. Your first class is free! www.onefitmama.com. 215-886-2869.

Monday, December 3 – One Fit Mama™ Stroller Fitness Class – 9:30 am – Athlete’s Advantage, 725 Conshohocken Rd., Conshohocken. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Monday, December 3 – One Fit Mama™ Prenatal and Postpartum Fitness Class – 5:30 pm – Holy Martyrs School, 121 Allison Rd., Oreland. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Tuesday, December 4 – One Fit Mama™ Stroller Fitness Class – 9 am – Oxford Valley Mall, Langhorne. Meet at the upper level food court entrance between Boscov’s and Sears. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Tuesday, December 4 – One Fit Mama™ Stroller Fitness Class – 9:00 am – Montgomery Mall, Ruby Tuesdays entrance, North Wales. Your first class is free! www.onefitmama.com. 215-886-2869.

Tuesday, December 4 – One Fit Mama™ Stroller Fitness Class – 9:30 am – Bally Total Fitness, 151 York Rd., Willow Grove. Meet in pavilion parking lot. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Wednesday, December 5 - One Fit Mama™ Stroller Fitness Class – 9:00 am – Montgomery Mall, Ruby Tuesdays entrance, North Wales. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Thursday, December 6 – One Fit Mama™ Stroller Fitness Class – 9:30 am – Athlete’s Advantage, 725 Conshohocken Rd., Conshohocken. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Friday, December 7 – One Fit Mama™ Stroller Fitness Class – 9:30 am – Bally Total Fitness, 151 York Rd., Willow Grove. Meet in pavilion parking lot. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Saturday, December 8 – One Fit Mama™ Stroller Fitness Class – 9:00 am – Montgomery Mall, Ruby Tuesdays entrance, North Wales. Your first class is free! www.onefitmama.com. 215-886-2869.

Monday, December 10 – One Fit Mama™ Stroller Fitness Class – 9:30 am – Athlete’s Advantage, 725 Conshohocken Rd., Conshohocken. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Monday, December 10 – One Fit Mama™ Prenatal and Postpartum Fitness Class – 5:30 pm – Holy Martyrs School, 121 Allison Rd., Oreland. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Tuesday, December 11 – One Fit Mama™ Stroller Fitness Class – 9 am – Oxford Valley Mall, Langhorne. Meet at the upper level food court entrance between Boscov’s and Sears. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Tuesday, December 11 – One Fit Mama™ Stroller Fitness Class – 9:00 am – Montgomery Mall, Ruby Tuesdays entrance, North Wales. Your first class is free! www.onefitmama.com. 215-886-2869.

Tuesday, December 11 - One Fit Mama™ Stroller Fitness Class – 9:30 am – Bally Total Fitness, 151 York Rd., Willow Grove. Meet in pavilion parking lot. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Wednesday, December 12 - One Fit Mama™ Stroller Fitness Class – 9:00 am – Montgomery Mall, Ruby Tuesdays entrance, North Wales. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Thursday, December 13 – One Fit Mama™ Stroller Fitness Class – 9:30 am – Athlete’s Advantage, 725 Conshohocken Rd., Conshohocken. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Friday, December 14 – One Fit Mama™ Stroller Fitness Class – 9:30 am – Bally Total Fitness, 151 York Rd., Willow Grove. Meet in pavilion parking lot. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Saturday, December 15 – One Fit Mama™ Stroller Fitness Class – 9:00 am – Montgomery Mall, Ruby Tuesdays entrance, North Wales. Your first class is free! www.onefitmama.com. 215-886-2869.

Monday, December 17 – One Fit Mama™ Stroller Fitness Class – 9:30 am – Athlete’s Advantage, 725 Conshohocken Rd., Conshohocken. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Monday, December 17 – One Fit Mama™ Prenatal and Postpartum Fitness Class – 5:30 pm – Holy Martyrs School, 121 Allison Rd., Oreland. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Tuesday, December 18 – One Fit Mama™ Stroller Fitness Class – 9 am – Oxford Valley Mall, Langhorne. Meet at the upper level food court entrance between Boscov’s and Sears. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Tuesday, December 18 – One Fit Mama™ Stroller Fitness Class – 9:00 am – Montgomery Mall, Ruby Tuesdays entrance, North Wales. Your first class is free! www.onefitmama.com. 215-886-2869.

Tuesday, December 18 - One Fit Mama™ Stroller Fitness Class – 9:30 am – Bally Total Fitness, 151 York Rd., Willow Grove. Meet in pavilion parking lot. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Wednesday, December 19 - One Fit Mama™ Stroller Fitness Class – 9:00 am – Montgomery Mall, Ruby Tuesdays entrance, North Wales. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Thursday, December 20 – One Fit Mama™ Stroller Fitness Class – 9:30 am – Athlete’s Advantage, 725 Conshohocken Rd., Conshohocken. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Friday, December 21– One Fit Mama™ Stroller Fitness Class – 9:30 am – Bally Total Fitness, 151 York Rd., Willow Grove. Meet in pavilion parking lot. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Saturday, December 22 – One Fit Mama™ Stroller Fitness Class – 9:00 am – Montgomery Mall, Ruby Tuesdays entrance, North Wales. Your first class is free! www.onefitmama.com. 215-886-2869.

Thursday, December 27 – One Fit Mama™ Stroller Fitness Class – 9:30 am – Athlete’s Advantage, 725 Conshohocken Rd., Conshohocken. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Friday, December 28 – One Fit Mama™ Stroller Fitness Class – 9:30 am – Bally Total Fitness, 151 York Rd., Willow Grove. Meet in pavilion parking lot. Your first class is FREE! www.onefitmama.com. 215-886-2869.

Saturday, December 29 – One Fit Mama™ Stroller Fitness Class – 9:00 am – Montgomery Mall, Ruby Tuesdays entrance, North Wales. Your first class is free! www.onefitmama.com. 215-886-2869.