

Nirvana Family Fitness

Group Fitness Schedule

...A non-intimidating small club atmosphere
And the members love it!

Monday-Friday 5:00 am to 10:00 pm
Saturday 7:30 am to 5:00 pm
Sunday 7:30 am to 3:00 pm

Childcare hours Monday through Thursday 5:00 pm to 8:00 pm – **FREE of CHARGE**

(215) 788-8800

Visit us on the web @ www.nirvanafitness.com

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Approved site by Independence Blue Cross
Local 1776 Approved

Silver Sneakers
Healthy Lifestyles Programs

Health Partners
Keystone First

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:30 Zumba with abs* Ronnie						9:00-10:00 Butts and Guts Tara
	10:30-11:30 Silver Sneakers Teresa		10:30-11:30 Silver Sneakers Teresa		10:30-11:30 Silver Sneakers Teresa	
		6:00-7:00 Total Body Workout Tara		6:00-7:00 Total Body Workout Tara		
	7:00-8:00 Zumba toning* Ronnie		7:00-8:00 Power Pilates Natassia**			

Silver Sneakers – This is a low to moderate intensity class by specially trained instructors. For beginners, intermediates or advanced Older adult. Increase your range of motion, builds your endurance, and increases your strength while having fun and building Friendships.

Total Body Workout – 20 minutes cardio/ 20 minutes strength/ 20 minutes abs/stretch/cool down

***ZUMBA** - \$3.00 for members, \$6.00 for non-members on Wednesday's and \$4.00 for members and \$8.00 for non-members on Sunday and Monday's..

****Power Pilates** - \$5.00 for members, \$10.00 for non-members.