



285 Schuylkill Road
 Phoenixville, PA 19460
 (610) 321-3687
www.onesparkfitness.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:15a			Strong 30 (Martial Arts HIIT) (Jolie)			SGPT (Private) NOT STREAMED 8am-9am 11:15a-12:15p	SGPT (Private) NOT STREAMED 8am-9am
6:15-6:45a	TNT (Trim &Tone) (Rae)						
9:10-10:00a						Zumba (Jolie)	Strong 30 (ends at 9:40a) (Jolie)
10:15-11:00a						TNT (Trim &Tone) 45min (Rae)	Flicker (Gentle Yoga) (9:45- 10:15)
12:00-12:30p					Blast It Up (Jolie)		
5:30p	Zumba (Jolie)	Ring of Fire (Circuit) (5:20-5:50) (Rae)	Zumba (Amanda)	Strong 60 (Martial Arts HIIT) (Jolie)	Friday Night Dance Party *Note New Time		
6:30p	Barre Ignited 45min (Barre/Pilates Fusion) (Rae)	Blast It Up 30min (starts at 6pm) (Rae)	TNT (Trim &Tone) 45min (Jolie)	Zumba (starts at 6:35p) (Grace)			
7:00p		Zumba (6:40-7:30p) (Rae)					

Drop-In Rates

\$25 - One class drop in
 \$30 – One day pass
 \$180– 10 class punch card
 \$150—10 class ZUMBA ONLY card

Membership Plans

*Virtual classes only with 5 bonus videos/month
 *Individual (Unlimited in studio, virtually & VOD)
 *Individual + 1 accompanying guest
 *Family membership

Individual Training

Individual and Group trainings available upon request. Pricing varies. Call for appointment.