

# INTROS

## INTRO TO YOGA



**Saturdays, 12:30pm**  
Warrington: 1/7, 1/21, 2/4, 2/25 & 3/25;  
Doylestown: 1/14 & 3/4

## INTRO TO TAI CHI



**Thursdays, 8:45am**  
New Hope Event Center:  
1/19, 2/16 & 3/16

**Saturdays, 8:00am**  
Warrington  
1/21, 2/18 & 3/18

## INTRO TO BARRE FITNESS



**Wednesdays, 7:00pm**  
Doylestown  
1/11, 2/8 & 3/8

**Saturdays, 11:45am**  
The Center For Wellbeing  
1/28, 2/25 & 3/25

## INTRO TO SPINNING



**Days and Times Vary**  
Please contact the clubs for more info.

Doylestown: 215.974.3700  
New Hope: 215.862.2200  
Warrington: 215.918.5900

## PILATES REFORMER FUNDAMENTALS



**Wednesdays, 6:30pm**  
The TreeHouse  
IM=X Reformer:  
1/11, 1/25, 2/1, 2/15, 3/1 & 3/15  
Classic Reformer:  
1/4, 1/18, 2/8, 2/22, 3/8 & 3/22