

Free Class Demos

2022 DECEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*** First Come, First Serve*** Maximum: 20</p>				<p>** If Montgomery Co. Schools in person classes are cancelled due to inclement weather all scheduled programs will be cancelled for that date. **If Montgomery Co. Schools are delayed in the morning due to inclement weather, all classes before 12 noon are cancelled that day.</p>		
4	5 Build & Burn 6-7 p.m. MPRM 1	6	7 Walk Live 6-6:45 p.m. MPRM 1	<p>**If Montgomery Co. Schools should release early due to inclement weather, all classes after 12 noon are cancelled for that day. **In the event of inclement weather after 5 p.m. Please call the Rec. Dept. before you come to make sure the class is still scheduled.</p>		
11	12 Pound 12:15-1 p.m. MPRM 1 Build & Burn 6-7 p.m. MPRM 1	13	14 Abs & Arms 6-6:30 a.m. MPRM 1	15	16	17
18	19 Pound 12:15-1 p.m. MPRM 1	20	21 Abs & Arms 6-6:30 a.m. MPRM 1	22	23	24 Recreation Center Closed
25 Recreation Center Closed	26 Recreation Center Closed	27	28	29	30	31
<p>*If demos are cancelled, they will not be re-scheduled.*</p>						