

MONTGOMERY COUNTY RECREATION

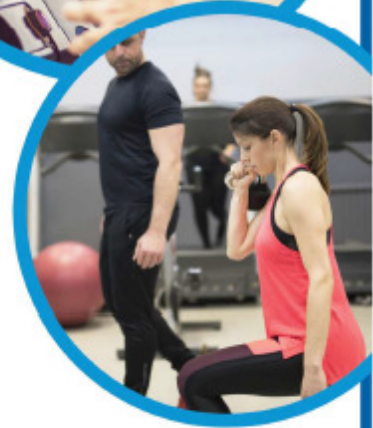
# FITNESS 101

## MACHINE & WEIGHT TRAINING



FITNESS 101 WILL TEACH YOU HOW TO USE FITNESS ROOM EQUIPMENT. LEARN HOW TO MAKE YOUR WORKOUTS SAFE & EFFICIENT.

**\$5**  
OPEN TO ALL  
NO MEMBERSHIP  
NECESSARY



### FITNESS 101 SCHEDULE

Activity	Class Location	Starts	Day	Class Time
67639	Longwood CRC	4/1	M	10-11 a.m.
67640	Bauer Drive CRC	4/1	M	2-3 p.m.
67641	North Potomac CRC	4/2	Tu	11 a.m.- Noon
67642	Mid-County CRC	4/2	Tu	2-3 p.m.
67643	Good Hope CRC	4/4	Th	Noon - 1 p.m.
67644	Long Branch CRC	4/4	Th	2-3 p.m.
67645	White Oak CRC	4/5	F	10-11 a.m.
67646	Margaret Schweinhaut SC	4/5	F	1-2 p.m.
67638	Germantown CRC	4/6	Sa	10-11 a.m.

**TO REGISTER VISIT**  
**ActiveMONTGOMERY.org.**  
240-777-6840 | Hablamos Español

MONTGOMERY COUNTY  
**Recreation**  
www.mocorec.com



Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA). Please contact a Therapeutic Recreation Specialist at 240-777-6870 or rec.mainstream@montgomerycountymd.gov to request accommodations.