



Free Group Strength Class

When: Wednesdays 10:00-10:45 AM

Dates: October 22 – November 12

Location: TPSS Fitness Center, P4, 101

Students, faculty, and staff are invited to enjoy a free group strength class at the TPSS campus.

Drop in for a single session or join each week!

Questions- Please contact tonya.seed@montgomerycollege.edu