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Free Winter Demo Classes and Open Houses

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As the weather turns cold and the playground is no longer an option, classes seem like a great way to schedule some fun time indoors. You can check out our [Classes Guide](#) here for lots of ideas, but in the meantime you may want to try and sample some classes and see what you like. We've rounded up trial and demo classes from lots of programs all over the city. Plus, remember that many places will let you try any class for free once. Just call and ask.



apple seeds

UWS/UES/Chelsea

apple seeds is offering free demos of their popular new music program

"**songs for seeds**" at two uptown locations,

Reebok Sports Club/NY and The Sports Club/LA.

Call to sign up 212-355-5100 x4253 (UES) or 212-501-1434 (UWS).

They also have demo classes at their Chelsea location for their other classes like Mandarin Treehouse and Music Together.

website: www.appleseedsnyc.com

phone: 212-792-7590