

6/17-8/26	6/18-8/27	6/19-8/28	6/20-8/29	6/21-8/30
<p><u>9:15-10:15AM</u> BALANCE & STRETCH #272705-11 \$116/\$149 Janet-Church Room 1</p> <p><u>9:15-10:15AM</u> GENTLE FLOW YOGA #272707-11 \$95/\$122 Peter-Beede Patio**</p> <p><u>9:30-10:30AM</u> INTERMEDIATE PILATES #272500-11 \$95/\$122 Cheryl-Beede Studio**</p> <p>**Classes held at the Beede Center will end 8/12</p>	<p><u>5:45-6:45AM</u> BOOTCAMP #272401-21 \$116/\$149 Cara-Hunt Gym</p> <p><u>7:00-8:00AM</u> BODY SCULPT ON BALL #272601-21 \$116/\$149 Lori-Church Room 1</p> <p><u>8:00-9:00AM</u> YOGA BASICS #272701-21 \$116/\$149 Cathy-Church Gym</p> <p><u>8:30-9:30AM</u> GENTLE PILATES #272501-11 \$116/\$149 Ellen-Church Basement MPR</p> <p><u>9:45-10:45AM</u> PILATES #272502-21 \$115/\$149 Lori-Church Room 1</p>	<p><u>9:15AM-10:15AM</u> GENTLE YOGA #272704-31 \$116/\$149 Janet-Church Room 1</p> <p><u>12:30PM-1:00PM</u> LUNCHTIME MUSCLE TONE #272902-32 \$47/\$61 Lori-Beede Studio**</p> <p>**Classes held at the Beede Center will end 8/14</p>	<p><u>5:45-6:45AM</u> BOOTCAMP #272401-41 \$105/\$135 Cara-Hunt Gym</p> <p><u>7:00-8:00AM</u> BOOTY-BARRE #272602-41 \$105/\$135 Lori-Church Gym</p> <p><u>9:45-10:45AM</u> PILATES #272502-41 \$105/\$135 Lori-Church Room 1</p> <p>*NO CLASS 7/4/19</p>	<p><u>6:00-7:00AM</u> CYCLE #272301-51 \$116/\$149 Cara-Hunt Gym</p> <p><u>9:15-10:15AM</u> GENTLE FLOW YOGA #272707-51 \$95/\$122 Peter-Beede Patio**</p> <p><u>9:30-10:30AM</u> PILATES #272502-51 \$115/\$149 Cheryl-Church Room 1</p> <p>**Classes held at the Beede Center will end 8/16</p>
			<p>SATURDAY 6/22-8/31</p>	
			<p>SUNDAY 6/23-9/1</p>	
<p>June 21, 2019</p>				

INTERESTED IN REGISTERING OR HAVE A QUESTION?

HUNT RECREATION CENTER
978-287-1050

HUMAN SERVICES BUILDING
978-287-1020

BEEDE SWIM AND FITNESS CENTER
978-287-1000

WWW.BEEDECENTER.COM

SESSION DATES

Summer Session: June 17- August 30, 2019

RATES

The schedule shows two rates for each class; the first is the rate for Beede Swim and Fitness Center Members. The second is for non-members. Classes are prorated based on the date of registration.

FITNESS CLASS LOCATIONS

Hunt Recreation Center
Hunt Gym, Hunt MPR (Multi-Purpose Room), Hunt Annex
90 Stow Street Concord, MA 01742

Human Services Building
Church 1, Church Gym
55 Church Street Concord, MA 01742

Beede Swim and Fitness Center
Fitness Studio, Beede Patio
498 Walden Street Concord, MA 01742

USER CANCELLATION AND CLASS CHANGES

- A \$25 cancellation/change fee will be charged for registrations

that have already been processed.

- Fees may be waived with a doctor's note, and this must be submitted to the Group Fitness Coordinator during the session in which you can no longer participate.
- If a note is provided, the participant will receive a prorated refund with no cancellation fee.
- If a note is not provided, the participant will receive a prorated refund, less the \$25 cancellation fee.

WEATHER RELATED CANCELLATIONS AND DELAYS

- Concord Recreation Group Fitness follows Concord Public Schools' judgement in delaying or cancelling programs. If Concord Public Schools delay the start of school, the start of group fitness classes will also be delayed for the same amount of time. For this purpose, 7:30 AM will be considered the regular "start of day" for Group Exercise classes. If Concord Public Schools delay the start of school for any amount of time, classes that start prior to 7:30AM will be cancelled.
- If Concord Public Schools are delayed one hour, Concord Recreation Group Fitness Classes will Resume with those that typically start at 8:30AM on. Classes scheduled to start prior to 8:30AM will be cancelled.
- If Concord Public Schools are delayed for two hours, Concord Recreation Group Fitness Classes will resume with those that typically start at 9:30AM on. Classes scheduled to start prior to 9:30AM will Be cancelled.
- If Concord Public Schools are closed for the day, Group Fitness classes will also be cancelled for the day.
- If Concord Public Schools have an early release from school, Concord Recreation Group Fitness Classes will be cancelled from that time on as well.
- Refunds will not be given for unforeseen cancellations including weather, power outages, and special elections. In place of a refund, participants will be expected to make up the class within that session.

DROP-IN

- All classes are open for drop-in participation.
- Drop in rates for all hour long classes are \$15 and that fee must be paid on the day of the program by cash, check or credit card.
- Drop in rates for all ½ hour long classes are \$8
- Space limitations may be a factor in some classes. Priority will be given to registered participants.

CLASS MAKEUP POLICY

- If a participant misses a class, make ups are allowed in a similar class that is not full.
- Make-ups must be completed within the session in which you are registered as they will not carry over.