

OPEN HOUSE

State-of-the-art aquatic and fitness facilities

Membership to fit your needs

February 27, 2020

Visit our wonderful facility and have a workout on us.

Open House runs **Thursday February 27th** from 8:00am - 4:00pm. All are welcome.

Special offerings throughout the day including drop-in water fitness classes, clinics, giveaways, facility tours, light refreshments and more!

Raffle for a free 3 Month Membership!

Sign up for an Annual Recurring Membership and the Joining Fee is waived.

DROP-IN CLASSES

SHALLOW WATER WORKOUT 9:30-10:30am
ARTHRITIS @ THERAPY POOL 1:15-2:15pm
PY YO CHI @ THERAPY POOL 2:15-3:00pm

CLINICS

FREE WEIGHTS W/ JEFF	9:00-9:30am
FITNESS YOGA W/ LAUREL	11:30-12:00pm
BREAST STROKE W/ ILKKA	1:30-2:00pm



The Beede Swim & Fitness Center is managed by the Concord Recreation Department and is funded solely by membership and program fees. We are deeply committed to serving the fitness needs and interests of our community, across all ages and abilities.

Hours Of Operation:
Monday Thru Friday 5:30am– 9:00pm
Saturday And Sunday 7:00am – 6:00pm

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