

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1/6-3/23</p> <p>9:15-10:15AM BALANCE & STRETCH** #472704-11 \$74/\$95 Janet-Church Room 1</p> <p>9:15-10:15AM GENTLE FLOW YOGA #472705-11 \$105/\$135 Peter-Hunt MPR</p> <p>9:30-10:45AM CYCLE PLUS #472302-11 \$131/\$169 Laurel-Hunt Gym</p> <p>9:45-10:45AM BALLET BARRE #472508-11 \$105/\$135 Carolyn-Church Gym</p> <p>4:00-5:00PM FORM & FLOW YOGA #472402-11 \$105/\$135 Elisabeth-Beede Studio</p>	<p>1/7-3/24</p> <p>5:45-6:45AM BOOTCAMP #472401-21 \$116/\$149 Cara-Hunt Gym</p> <p>7:00-8:00AM BODY SCULPT ON BALL #472601-21 \$116/\$149 Lori-Church Room 1</p> <p>8:00-9:00AM YOGA BASICS #472701-21 \$116/\$149 Cathy-Church Gym</p> <p>8:00-9:00AM SMALL GROUP PT #472201-21 \$116/\$149 Laurel-Hunt Gym</p> <p>8:30-9:30AM FITNESS YOGA #472702-21 \$116/\$149 Lisa-Church Room 1</p> <p>9:45-10:45AM PILATES #472502-21 \$116/\$149 Lori-Church Room 1</p>	<p>1/8-3/25</p> <p>9:15AM-10:15AM GENTLE YOGA** #472703-31 \$84/\$108 Janet-Church Room 1</p> <p>9:15-10:15AM PILATES/YOGA MIX #472503-31 \$116/\$149 Lori-Church Gym</p> <p>9:15-10:15AM ASTON KINETICS #472207-31 \$104/\$120 Shirley-Beede Studio *January 15-March 4 Eight Week Session</p> <p>12:30-1:00PM LUNCHTIME MUSCLE TONE #472902-31 \$58/\$74 Lori-Hunt MPR</p> <p>**Due to unforeseen scheduling conflicts the start date of the Balance and Stretch and Gentle Yoga classes will be delayed until the week of February 3.</p>	<p>1/9-3/26</p> <p>5:45-6:45AM BOOTCAMP #472401-41 \$116/\$149 Cara-Hunt Gym</p> <p>7:00-8:00AM BOOTY-BARRE #472602-41 \$116/\$149 Lori-Church Gym</p> <p>8:00-9:00AM SMALL GROUP PT #472201-41 \$116/\$149 Laurel-Hunt Gym</p> <p>8:30-9:30AM GENTLE PILATES #472501-41 \$116/\$149 Ellen-Church Gym</p> <p>9:45-10:45AM PILATES #472502-41 \$116/\$149 Cheryl-Church Gym</p> <p>6:00-7:00PM **SHED THE TREAD: Alternative Cardio for Weight Loss #472404-41 \$84/\$109 Nichell-Beede Studio **NEW! TRY YOUR FIRST CLASS FREE ON 1/16!</p>	<p>1/10-3/27</p> <p>6:00-7:00AM CYCLE #472301-51 \$116/\$149 Cara-Hunt Gym</p> <p>8:00-9:00AM YOGA BASICS #472701-51 \$116/\$149 Rose-Church Gym</p> <p>9:15-10:15AM GENTLE FLOW YOGA #472705-51 \$116/\$149 Peter-Hunt MPR</p> <p>9:15-10:15AM BODY SCULPTING #472603-51 \$116/\$149 Diane-Church Gym</p> <p>9:30-10:30AM INTERMEDIATE PILATES #472500-51 \$116/\$149 Cheryl-Church Room 1</p>
				<p>SATURDAY 1/11-3/28</p> <p>7:00-8:00AM RIP & RIDE #472203-61 \$116/\$149 Cara-Hunt Gym</p>

INTERESTED IN REGISTERING OR HAVE A QUESTION?

HUNT RECREATION CENTER

978-287-1050

HUMAN SERVICES BUILDING

978-287-1020

FITNESS HOTLINE

978-287-1007

BEEDE SWIM AND FITNESS CENTER

978-287-1000

WWW.BEEDECENTER.COM

SESSION DATES

Winter Session January 6-March 29, 2019

NO CLASS DATES

January 20, February 15-22

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
Beede Studio
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 School's 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.