

	55 CHURCH STREET GYM MAX-6 PARTICIPANTS, 1 INSTRUCTOR	HUNT GYM MAX-15 PARTICIPANTS, 1 INSTRUCTOR	HUNT MPR MAX-6 PARTICIPANTS, 1 INSTRUCTOR	ONLINE
MON	4:15-5:15pm Body Sculpting w/Diane		10:45-11:45am Balance/Stretch w/Janet*	
TUE	4:15-5:15pm Body Sculpting w/Diane	5:45-6:45am Boot Camp w/Cara		8:00-9:00am Small Group PT w/Laurel 9:15-10:15am Yoga Stretch & Strength w/Lisa
WED		9:30-10:00am Shake Your Soul w/Molly	9:15-10:15am Gentle Yoga w/Janet**	9:30-10:30am Aston Kinetics w/Shirley
THU		5:45-6:45am Boot Camp w/Cara		8:00-9:00am Small Group PT w/Laurel 10:00-11:00am Pilates w/Lori
FRI	9:30-10:30am Body Sculpting w/Diane	6:00-7:00am Cycle w/Cara	9:30-10:30am Gentle Flow Yoga w/Peter	7:00-8:00 Booty Barre w/Lori
SAT				

NOTES:

*Class begins October 5th

**Class begins October 7th

SESSION DATES

Fall: September 14-December 19

NO CLASS DATES

November 3,4, 25 (Hunt building only)
November 26, 27, 28 (All classes)

FITNESS CLASS LOCATIONS

Hunt Recreation Center
Hunt Gym, Hunt MPR (Multi-Purpose Room), Hunt Annex
90 Stow Street Concord, MA 01742
978-287-1050

Human Services Building
Church 1, Church Gym
55 Church Street Concord, MA 01742
978-287-1020

Beede Swim and Fitness Center
498 Walden Street Concord, MA 01742
978-287-1000

WWW.BEEDECENTER.COM

Please contact TJ Liakos, tliakos@concordma.gov with questions.

GROUP EXERCISE RATES FALL 2020		
DAY	MEMBER	NON-MEMBER
MONDAY	\$168	\$210
TUESDAY	\$168	\$210
WEDNESDAY	\$168	\$210
THURSDAY	\$156	\$195
FRIDAY	\$156	\$195
SATURDAY	\$156	\$195
LUNCH TIME	\$98	\$126
PARKINSONS (T,W)	\$210	\$280
PARKINSONS (R)	\$195	\$260
ASTON KINETICS	\$78	\$90

REGISTRATION POLICY

Registration are processed on a first come first served basis. In order to receive member pricing, the individual participating must be a member at the time of registration.

CANCELLATION/REFUND POLICY

- If you must cancel or switch a class during the first week of a program there will be a \$25.00 fee.
- There are no refunds after the first week of a program.
- Fees may be waived with a doctor's note which must be submitted to the Beede Center before the session ends.
- The Beede Center reserves the right to make schedule changes to better serve our participants or to cancel/combine instructional classes and programs due to low enrollment.

A CREDIT/REFUND WILL BE ISSUED UNDER THE PROGRAM PARTICIPANT'S NAME IF THE FACILITY MUST CANCEL A CLASS DUE TO THE FOLLOWING:

1. Mechanical issues
2. Fire Evacuation

NO CREDITS OR MAKEUPS WILL BE ISSUED FOR CIRCUMSTANCES WHICH ARE BEYOND THE CONTROL OF CONCORD RECREATION INCLUDING:

1. Missed classes due to illness or vacation or if you should choose not to attend
2. Poor weather that impacts facility operation
3. Power outages
4. No water supply

FEES

- Fees will only be prorated for all remaining weeks when a participant joins a class already happening.
- Pro-rated fees will not apply to a person who plans to miss classes' mid-session.

WEATHER RELATED CANCELLATIONS AND DELAYS

- Weather related cancellations and delays are at the discretion of the Beede Center management
- Town of Concord/Concord School statuses are used to assist in the decision process, but are not the only factor
- Beede Center programs (Group Exercise & Aquatics) will operate when the Beede Center is open

DROP-IN

- Due to COVID-19 space limitations drop-ins will not be allowed
- Only officially registered participants will be allowed to join a class

CLASS MAKEUPS

- Classes that are cancelled by Beede will be made up during a Make-Up week at the end of the session
- Classes missed by participant are not eligible for a make-up