

# GROUP FITNESS SCHEDULE

WINTER 2021 • JANUARY 4 - MARCH 21

1-7-21

	<b>55 CHURCH STREET GYM</b> MAX-6 PARTICIPANTS, 1 INSTRUCTOR	<b>HUNT GYM</b> MAX-15 PARTICIPANTS, 1 INSTRUCTOR	<b>HUNT MPR</b> MAX-6 PARTICIPANTS, 1 INSTRUCTOR	<b>ONLINE</b>
<b>MON</b>	4:15-5:15pm Body Sculpting w/Diane			8:00-9:00am Small Group PT w/Laurel
<b>TUE</b>	4:15-5:15pm Body Sculpting w/Diane	5:45-6:45am Boot Camp w/Cara		9:15-10:15am Yoga Stretch & Strength w/Lisa
<b>WED</b>		6:00-7:00am Rip & Ride w/Cara		8:00-9:00am Small Group PT w/Laurel 8:15-9:15am Gentle Pilates w/Ellen 9:30-10:30am Aston Kinetics w/Shirley
<b>THU</b>		5:45-6:45am Boot Camp w/Cara		10:00-11:00am Pilates w/Lori
<b>FRI</b>	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 8:30-9:30am Yoga S & S w/Lisa

## SESSION DATES

Winter: January 4-March 28

## NO CLASS DATES

February 13-February 19

## 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](http://WWW.BEEDECENTER.COM)

Please contact TJ Liakos, [tliakos@concordma.gov](mailto:tliakos@concordma.gov) with questions.

GROUP EXERCISE RATES WINTER 2021		
DAY	MEMBER	NON-MEMBER
MONDAY	\$132	\$165
TUESDAY	\$132	\$165
WEDNESDAY	\$132	\$165
THURSDAY	\$132	\$165
FRIDAY	\$132	\$165
SATURDAY	\$132	\$165
LUNCH TIME	\$77	\$99
PARKINSONS (T,R)	\$150	\$200
ASTON KINETICS	\$117	\$135

## 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 end of session
- Classes missed by participant are not eligible for a make-up