

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/9-12/16	9/10-12/17	9/11-12/18	9/12-12/19	9/13-12/20
<p><b>8:00-9:00AM</b> <b>TOTAL CONDITIONING</b> #372204-11 \$137/\$176 Mary-Hunt Gym</p> <p><b>8:30-9:30AM</b> <b>GENTLE PILATES</b> #372501-11 \$137/\$176 Ellen-Church Gym</p> <p><b>9:15-10:15AM</b> <b>BALANCE &amp; STRETCH</b> #372704-11 \$137/\$176 Janet-Church Room 1</p> <p><b>9:15-10:15AM</b> <b>GENTLE FLOW YOGA</b> #372705-11 \$137/\$176 Peter-Hunt MPR</p> <p><b>9:30-10:45AM</b> <b>CYCLE PLUS</b> #372302-11 \$171/\$220 Laurel-Hunt Gym</p> <p><b>9:30-10:30AM</b> <b>INTERMEDIATE PILATES</b> #372500-11 \$137/\$176 Cheryl-Beede Studio</p> <p><b>9:45-10:45AM</b> <b>BALLET BARRE</b> #372508-11 \$137/\$176 Carolyn-Church Gym</p>	<p><b>5:45-6:45AM</b> <b>BOOTCAMP</b> #372401-21 \$158/\$203 Cara-Hunt Gym</p> <p><b>7:00-8:00AM</b> <b>BODY SCULPT ON BALL</b> #372601-21 \$158/\$203 Lori-Church Room 1</p> <p><b>8:00-9:00AM</b> <b>YOGA BASICS</b> #372701-21 \$158/\$203 Cathy-Church Gym</p> <p><b>8:00-9:00AM</b> <b>SMALL GROUP PT</b> #372201-21 \$158/\$203 Laurel-Hunt Gym</p> <p><b>8:30-9:30AM</b> <b>FITNESS YOGA</b> #372702-21 \$158/\$203 Lisa-Church Room 1</p> <p><b>9:30-10:30AM</b> <b>TABATA BOOT CAMP</b> #372202-21 \$158/\$203 Carolyn-Hunt Gym</p> <p><b>9:45-10:45AM</b> <b>PILATES</b> #372502-21 \$158/\$203 Lori-Church Room 1</p> <p><b>7:00-8:00PM</b> <b>TAI CHI</b> #372208-21 \$63/\$81 Tai Chun-Beede Studio</p>	<p><b>9:15AM-10:15AM</b> <b>GENTLE YOGA</b> #372703-31 \$158/\$203 Janet-Church Room 1</p> <p><b>9:00-10:00AM</b> <b>PILATES/YOGA MIX</b> #372503-31 \$158/\$203 Lori-Church Gym</p> <p><b>9:00-10:00AM</b> <b>ASTON KINETICS</b> #372207-31 \$78/\$90 Shirley-Beede Studio *September 11-October 16 Session 1/Six Weeks</p> <p><b>9:00-10:00AM</b> <b>ASTON KINETICS</b> #372207-32 \$78/\$90 Shirley-Beede Studio *October 30-December 11 Session 2/Six Weeks</p> <p><b>12:30-1:00PM</b> <b>LUNCHTIME MUSCLE TONE</b> #372902-32 \$79/\$101 Lori-Hunt MPR</p> <p>*Aston Kinetics is split into two 6-week, independent sessions. You are not required to take Session 1 before taking Session 2.</p>	<p><b>5:45-6:45AM</b> <b>BOOTCAMP</b> #372401-41 \$147/\$189 Cara-Hunt Gym</p> <p><b>7:00-8:00AM</b> <b>BOOTY-BARRE</b> #372602-41 \$147/\$189 Lori-Church Gym</p> <p><b>8:00-9:00AM</b> <b>SMALL GROUP PT</b> #372201-41 \$147/\$189 Laurel-Hunt Gym</p> <p><b>8:30-9:30AM</b> <b>VINYASA FLOW YOGA</b> #372505-41 \$147/\$189 Maureen-Church Room 1</p> <p><b>8:30-9:30AM</b> <b>GENTLE PILATES</b> #372501-41 \$147/\$189 Ellen-Church Gym</p> <p><b>9:30-10:30AM</b> <b>TAI CHI</b> #372208-41 \$147/\$189 Tai Chun-Beede Studio</p> <p><b>9:45-10:45AM</b> <b>PILATES</b> #372502-41 \$147/\$189 Cheryl-Church Gym</p>	<p><b>6:00-7:00AM</b> <b>CYCLE</b> #372301-51 \$147/\$189 Cara-Hunt Gym</p> <p><b>8:00-9:00AM</b> <b>YOGA BASICS</b> #372701-51 \$147/\$189 Rose-Church Gym</p> <p><b>9:15-10:15AM</b> <b>GENTLE FLOW YOGA</b> #372705-51 \$147/\$189 Peter-Hunt MPR</p> <p><b>9:15-10:15AM</b> <b>BODY SCULPTING</b> #372603-51 \$147/\$189 Diane-Church Gym</p> <p><b>9:30-10:30AM</b> <b>INTERMEDIATE PILATES</b> #372500-51 \$147/\$189 Cheryl-Church Room 1</p>
				<p><b>SATURDAY</b> 9/14-12/21</p> <p><b>7:00-8:00AM</b> <b>BIKE &amp; BOOT CAMP</b> #372203-61 \$158/\$203 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

Fall Session September 9-December 22, 2019

## NO CLASS DATES

October 14, November 11, November 28, November 29

## 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  
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.