

FALL 2017 GROUP FITNESS SCHEDULE

**CONCORD
RECREATION**

- Free trial classes will take place the week of September 11, 2017.
**No Cardio Dance, Family Yoga or Prenatal Yoga during free week.*
- Fall fitness classes will run September 18-December 18, 2017.
- Drop Ins are welcome in all classes, \$15/pp (lunchtime, \$8/pp)

MONDAY 9/18-12/18	TUESDAY 9/19-12/19	WEDNESDAY 9/20-12/20	THURSDAY 9/21-12/21	FRIDAY 9/22-12/22	SATURDAY 9/23-12/23
6:00-7:00AM Cycle* #372301-MC \$136.50/\$175.50 Barbara ° Hunt Gym	5:45-6:45AM Bootcamp #372401-T1 \$147/\$189 Cara ° Hunt Gym	6:00AM-7:00AM Cycle #372301-WC \$147/\$189 Cara ° Hunt Gym	5:45-6:45AM Bootcamp* #372401-H1 \$136.50/\$175.50 Cara ° Hunt Gym	6:00-7:00AM Cycle* #372301-FC \$126/\$162 Cara ° Hunt Gym	8:00-9:00AM Insanity* #372206-S1 \$126/\$162 Krysta ° Hunt MPR
8:00-9:00AM Total Conditioning* #372204-M1 \$136.50/\$175.50 Krysta ° Hunt Gym	7:00-8:00AM Body Sculpt on Ball #372601-T1 \$147/\$189 Lori ° Studio 1	8:30-9:30AM Core Fusion #372901-W1 \$63/\$81 Delinda ° Beede Patio (Class ends 10/25)	7:15-8:15AM Booty-BARRE* #372602-H2 \$136.50/\$175.50 Lori ° Studio 2	8:00-9:00AM Yoga Basics* #372701-F1 \$126/\$162 Cathy ° Hunt MPR	8:00-9:00AM Cycle Plus* #372302-S4 \$136.50/\$175.50 Mary ° Hunt Gym
8:30-9:30AM Gentle Pilates* #372501-M1 \$136.50/\$175.50 Ellen ° Studio 2	8:00-9:00AM Small Group Personal Training* #372201-T2 \$147/\$189 Laurel ° Hunt Gym	9:15AM-10:15AM Gentle Yoga #372703-W1 \$147/\$189 Janet ° Studio 1	8:00-9:00AM Small Group Personal Training* #372201-H2 \$136.50/\$175.50 Laurel ° Hunt Gym	9:15-10:15AM Body Sculpting* #372603-F1 \$126/\$162 Diane ° Studio 1	9:30-10:15AM Family Yoga #372608-S1 \$156 H2K ° Hunt MPR (2, 6 week sessions)
9:45-10:45AM Ballet BARRE* #372508-M1 \$136.50/\$175.50 Carolyn ° Studio 2	8:00-9:00AM Yoga Basics* #372701-T1 \$147/\$189 Cathy ° Hunt MPR	9:15-10:15AM PiYo #372503-W5 \$147/\$189 Lori ° Studio 2	8:30-9:30AM Gentle Pilates* #372501-H1 \$136.50/\$175.50 Ellen ° Studio 2	9:15-10:15AM Gentle Flow Yoga* #372705-F2 \$126/\$162 Peter ° Hunt MPR	10:00-11:15AM Fitness Yoga* #372702-S1 \$171/\$219 Lisa ° Studio 1
9:15-10:15AM Balance and Stretch* #372704-M2 \$136.50/\$175.50 Janet ° Studio 1	8:15-9:30AM Fitness Yoga #372702-T1 \$183/\$236 Lisa ° Studio 2	9:15-10:30AM Fitness Yoga #372702-W1 \$184/\$236 Peter ° Hunt MPR	9:45-10:45AM Pilates* #372502-H2 \$136.50/\$175.50 Lori ° Studio 2	11:45-12:15PM Lunchtime PiYo* #372902-W1 \$63/\$81 Delinda ° Studio 2	
9:15-10:15AM Gentle Flow Yoga* #372505-M2 \$136.50/\$175.50 Peter ° Hunt MPR	9:30-10:30AM Step/Tabata #372202-T3 \$147/\$189 Carolyn ° Hunt Gym	9:30-10:30AM Cycle #372702-W2 \$147/\$189 Carolyn ° Hunt Gym	9:30-10:30AM Cycle Plus* #372502-H4 \$171/\$219 Laurel ° Hunt Gym		PRIVATE CLASSES Ongoing Private Pilates Reformer 1/5/10 Sessions Ellen ° Hunt Annex
9:30-10:30AM Cycle Plus* #372302-M4 \$171/\$219 Laurel ° Hunt Gym	9:45-10:45AM Pilates #372502-T2 \$147/\$189 Lori ° Studio 2	10:30-11:15AM Cardio Dance with Your Toddler #372607-W1/W2 \$364 H2K ° Hunt Gym (2, 7 week sessions)	12:00-12:30PM Lunch Time Yoga* #372902-H1 \$68.25/\$87.75 Janet ° Hunt MPR		
6:00-7:00PM Cycle Plus* #372302-M1 \$136.50/\$175.50 Mary ° Hunt Gym	11:45-12:45PM Lunchtime Cycle Plus #372902-T1 \$147/\$189 Mary ° Hunt Gym	12:30-1:00PM Lunch Time Muscle Tone #372902-W2 \$73.50/\$94.50 Lori ° Studio 1	1:30-2:30PM Qi Gong/Tai Chi* #372207-H1 \$136.50/\$175.50 Teresa ° Hunt MPR		Ongoing Private Pilates Mat 1/5/10 Sessions Ellen ° Hunt Annex
	6:30-7:30PM Slow Flow Yoga #372710-T1 \$147/\$189 Rose ° Hunt MPR		2:45-3:45PM Kickboxing for High School Students* #372505-H1 \$63/\$81 Laura ° Beede Patio (class ends 10/26)		Ongoing Private Reiki Creating Calm Hunt Annex (Wednesday only)
			6:30-7:30PM Prenatal Yoga* #372709-H1 \$304 H2K ° Hunt MPR		Ongoing Private Meditation Creating Calm Hunt Annex (Wednesday only)

FALL/WINTER REGISTRATION DATES

AUGUST 28, 2017 7:00AM

FITNESS CONTACT INFORMATION

HUNT RECREATION CENTER 978-287-1050
BEEDE SWIM AND FITNESS CENTER 978-287-1000

FITNESS HOTLINE 978-287-1007
WWW.CONCORDREC.COM

CLASSES WITH AN ASTERIX (*) DO NOT HAVE CLASS ON THE FOLLOWING DATES:

Monday: October 9

Thursday: November 23

Friday: November 10, 24

Saturday: November 4, 11

FITNESS CLASS LOCATIONS

Hunt Gym
90 Stow Street Concord, MA

Hunt MPR (Multi-Purpose Room)
90 Stow Street Concord, MA

Hunt Annex
90 Stow Street Concord, MA

Studio 1
105 Everett Street Concord, MA

Studio 2
105 Everett Street Concord, MA

FITNESS CLASS POLICIES

User Cancellations 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 Assistant Recreation Director 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

Concord Recreation Group Fitness follows Concord Public School's 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 School's 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.

Prorated Fees

- Fees will only be prorated when a participant joins a class that has already started.
- Pro-rated fees do not apply, for example, to refund a person who will be on vacation for 3 weeks in the middle of a session and wants to pay a prorated fee before the class starts.

Drop In Fees

- 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 Makeups

- 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 to other sessions.