

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/2-6/11	4/3-6/12	4/4-6/13	4/5-6/14	4/6-6/15
<p>8:00-9:00AM TOTAL CONDITIONING* #172204-M1 \$94.50/\$121.50 Mary Hunt Gym</p> <p>8:30-9:30AM GENTLE PILATES* #172501-M1 \$94.50/\$121.50 Ellen Church Gym</p> <p>9:15-10:15AM BALANCE & STRETCH* #172705-M2 \$94.50/\$121.50 Janet Church Room 1</p> <p>9:15-10:15AM GENTLE FLOW YOGA* #172707-M2 \$94.50/\$121.50 Peter Hunt MPR</p> <p>9:30-10:45AM CYCLE PLUS* #172302-M4 \$119.00/\$152.00 Laurel Hunt Gym</p> <p>9:45-10:45AM BALLET BARRE* #172508-M1 \$94.50/\$121.50 Carolyn Church Gym</p>	<p>5:45-6:45AM BOOTCAMP #172401-T1 \$115.50/\$148.50 Cara Hunt Gym</p> <p>7:00-8:00AM BODY SCULPT ON BALL #172601-T1 \$115.50/\$148.50 Lori Hunt Gym</p> <p>8:00-9:00AM SMALL GROUP PERSONAL TRAINING #172201-T2 \$115.50/\$148.50 Laurel Hunt Gym</p> <p>8:00-9:00AM YOGA BASICS #172701-T1 \$115.50/\$148.50 Cathy Church Gym</p> <p>8:15-9:30AM FITNESS YOGA #172703-T4 \$144/\$186 Lisa Church Room 1</p> <p>9:30-10:30AM STEP/TABATA #172202-T3 \$115.50/\$148.50 Carolyn Hunt Gym</p> <p>9:45-10:45AM PILATES #172502-T2 \$115.50/\$148.50 Lori Church Room 1</p>	<p>9:15AM-10:15AM GENTLE YOGA #172704-W2 \$115.50/\$148.50 Janet Church Room 1</p> <p>9:15-10:15AM PILATES/YOGA MIX #172503-W5 \$115.50/\$148.50 Lori Church Gym</p> <p>12:30-1:00PM LUNCHTIME MUSCLE TONE #172902-W2 \$57.75/\$74.25 Lori Hunt MPR</p>	<p>5:45-6:45AM BOOTCAMP #172401-H1 \$115.50/\$148.50 Cara Hunt Gym</p> <p>7:15-8:15AM BOOTY-BARRE #172602-H2 \$115.50/\$148.50 Lori Church Gym</p> <p>8:00-9:00AM SMALL GROUP PERSONAL TRAINING #172201-H2 \$115.50/\$148.50 Laurel Hunt Gym</p> <p>8:30-9:30AM GENTLE PILATES #172501-H1 \$115.50/\$148.50 Ellen Church GYM</p> <p>9:30-10:30AM CYCLE PLUS #172302-H4 \$144.00/186.00 Laurel Hunt Gym</p> <p>9:45-10:45AM PILATES #172502-H2 \$115.50/\$148.50 Lori Church Gym</p>	<p>6:00-7:00AM CYCLE #172301-FC \$115.50/\$148.50 Cara Hunt Gym</p> <p>8:00-9:00AM YOGA BASICS #172701-F1 \$115.50/\$148.50 Cathy Church Gym</p> <p>9:15-10:15AM BODY SCULPTING #172603-F1 \$115.50/\$148.50 Diane Church Room 1</p> <p>9:15-10:15AM GENTLE FLOW YOGA #172707-F2 \$115.50/\$148.50 Peter Hunt MPR</p>
				SATURDAY
				<p>8:00-9:00AM INSANITY* #172206-S1 \$105/\$135 Krysta Church 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

Spring session Monday, April 2-Sunday, June 15, 2018

CLASSES WITH AN ASTERISK (*) DO NOT MEET ON THESE DATES:

Monday: April 16, May 28

Saturday: April 14

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.