

GROUP FITNESS SCHEDULE

SPRING 2021 • MARCH 29 - JUNE 6

4-1-21

	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			8:00-9:00am Small Group PT w/Laurel
TUE	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
WED	11:00-12:00pm Gentle Yoga w/Janet*	6:00-7:00am Rip & Ride w/Cara		8:00-9:00am Small Group PT w/Laurel 9:30-10:30am Aston Kinetics w/Shirley
THU	12:00-1:00pm Aston Kinetics w/Shirley	5:45-6:45am Boot Camp w/Cara		
FRI	9:15-10:15am Body Sculpting w/Diane	6:00-7:00am Cycle w/Cara		8:15-9:15am Yoga Stretch & Strength w/Lisa
SAT	9:00-10:00am The Ball Party Workout w/Teresa			

*5 Week session - May 5-June 2

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 SPRING 2021		
DAY	MEMBER	NON-MEMBER
MONDAY	\$96	\$120
TUESDAY	\$108	\$135
WEDNESDAY	\$108	\$135
THURSDAY	\$108	\$135
FRIDAY	\$108	\$135
SATURDAY	\$108	\$135
LUNCH TIME	\$56	\$72
PARKINSONS (T,R)	\$120	\$160
ASTON KINETICS		

PROGRAM INFORMATION

REGISTRATION

Registration for Water Fitness/Masters classes is still open and will be pro-rated.

SESSION DATES

Spring 2021: March 29-June 6

NO CLASS DATES

April 4, April 17-23, May 31

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

- A \$25.00 cancellation fee will be applied to all programs that are canceled after registration.
- 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 will be made-up only when an instructor or substitute is unavailable to teach