

# GROUP FITNESS SCHEDULE

SUMMER 2021 • JUNE 14 - AUGUST 29

6-11-21

	<b>55 CHURCH STREET GYM</b> MAX-6 PARTICIPANTS, 1 INSTRUCTOR	<b>HUNT GYM</b> MAX-15 PARTICIPANTS, 1 INSTRUCTOR	<b>BEEDE PATIO</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			8:00-9:00am Yoga Stretch & Strength w/Lisa
<b>WED</b>	7:00-8:00am Boot Camp/Circuit Training w/Mary			8:00-9:00am Small Group PT w/Laurel 2:00-3:00pm Simple Tai Chi for Health w/Tai Chun
<b>THU</b>	12:00-12:45pm Boot Camp/Circuit Training w/Mary			7:00-8:00am Cardio Muscle Mix w/Lori 10:00-11:00am Pilates w/Lori
<b>FRI</b>	7:00-8:00am Boot Camp/Circuit Training w/Mary 9:30-10:30am Body Sculpting w/Diane		9:00-10:00am Gentle Flow Yoga w/Peter	7:00-8:00am Booty Barre w/Lori
<b>SAT</b>	9:00-10:00am The Ball Party Workout w/Teresa			

## 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 SUMMER 2021		
DAY	MEMBER	NON-MEMBER
MONDAY	\$132	\$165
TUESDAY	\$132	\$165
WEDNESDAY	\$132	\$165
THURSDAY	\$132	\$165
FRIDAY	\$132	\$165
SATURDAY	\$132	\$165

## PROGRAM INFORMATION

### REGISTRATION

Registration for classes is still open and will be pro-rated.

### SESSION DATES

Summer 2021: June 14 - August 29

### NO CLASS DATES

July 4

### 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