

MONDAY 6/18-8/27	TUESDAY 6/19-8/28	WEDNESDAY 6/20-8/29	THURSDAY 6/21-8/30	FRIDAY 6/22-8/31
<p>6:00-7:00AM CYCLE #272301-MC \$115.50/\$148.50 Barbara HuntGym</p>	<p>5:45-6:45AM BOOTCAMP #272401-T1 \$115.50/\$148.50 Cara HuntGym</p>	<p>6:00-7:00AM CYCLE #272301-WC \$105/\$135 Carolyn HuntGym</p>	<p>5:45-6:45AM BOOTCAMP #272401-H1 \$115.50/\$148.50 Cara HuntGym</p>	<p>6:00-7:00AM CYCLE #272301-FC \$115.50/\$148.50 Cara HuntGym</p>
<p>8:00-9:00AM TOTAL CONDITIONING #272204-M1 \$115.50/\$148.50 Mary ChurchGym</p>	<p>7:00-8:00AM BODY SCULPT ON BALL #272601-T1 \$115.50/\$148.50 Lori ChurchGym</p>	<p>9:15AM-10:15AM GENTLE YOGA #272704-W2 \$105/\$135 Janet ChurchGym</p>	<p>7:00-8:00AM BOOTY-BARRE #272602-H2 \$115.50/\$148.50 Lori ChurchGym</p>	<p>8:00-9:00AM ALL LEVELS YOGA ON PATIO #272705-F2 *Class Ends 8/15 \$84.00/\$108 Peter BeedePatio</p>
<p>8:30-9:30AM GENTLE PILATES #272501-M1 \$115.50/\$148.50 Ellen Church1</p>	<p>7:00-8:00AM WATER AEROBICS #272509-T1 \$115.50/\$148.50 Carolyn EmersonPool</p>	<p>9:15-10:15AM PILATES/YOGA MIX ON THE PATIO #272503-W5 *Class Ends 8/15 \$84.00/\$108 Lori BeedePatio</p>	<p>8:30-9:30AM GENTLE PILATES #272501-H1 \$115.50/\$148.50 Ellen ChurchGym</p>	<p>9:15-10:15AM GENTLE FLOW YOGA #272705-F2 *Class Ends 8/15 \$84.00/\$108 Peter BeedePatio</p>
<p>9:15-10:15AM BALANCE & STRETCH #272704-M2 \$115.50/\$148.50 Janet ChurchGym</p>	<p>8:00-9:00AM YOGA BASICS #272701-T1 \$115.50/\$148.50 Cathy ChurchGym</p>	<p>12:30-1:00PM LUNCHTIME MUSCLE TONE #272902-W2 \$52.50/\$67.50 Lori ChurchGym</p>	<p>9:45-10:45AM PILATES #272502-H2 \$115.50/\$148.50 Lori ChurchGym</p>	
<p>9:15-10:15AM GENTLE FLOW YOGA #272705-M2 \$115.50/\$148.50 Peter ChurchBasement</p>	<p>8:15-9:30AM FITNESS YOGA ON PATIO #272702-T1 \$94.50/\$121.50 *Class ends 8/14 Laurel BeedePatio</p>		<p>6:00-7:00PM SLOWFLOW YOGA #272710-H1 \$115.50/\$148.50 Rose ChurchGym</p>	
<p>9:45-10:45AM BALLET BARRE* #272508-M1 \$115.50/\$148.50 Carolyn ChurchGym</p>	<p>9:45-10:45AM PILATES #272502-T2 \$115.50/\$148.50 Lori ChurchGym</p>			
	<p>10:30-11:30A TAI CHI #272207-T1 \$115.50/\$148.50 Teresa Church1</p>			
	<p>11:45-12:45PM BARRE FOR ALL #272104-T1 \$115.50/\$148.50 Teresa ChurchGym</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.CONCORDREC.COM

SESSION DATES

The Spring session of group fitness classes will run Monday, April 2-Sunday, June 15, 2018

CLASSES WITH AN ASTERIX (*)

DO NOT HAVE CLASS ON THE FOLLOWING DATES:

Wednesday: July 4

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 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.

WEATHER

- 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