

SUMMER 2017 GROUP FITNESS SCHEDULE

MONDAY June 19-Aug 28	TUESDAY June 20-Aug 29	WEDNESDAY June 21-Aug 30	THURSDAY June 22-Aug 31	FRIDAY June 23-Sept 1	PRIVATE CLASSES
<p><u>6:00-7:00AM</u> Cycle #272301-MC \$115.50/\$148.50 Barbara • Hunt Gym</p>	<p><u>5:45-6:45AM</u> Bootcamp* #272401-T1 \$105/\$135 Cara • Hunt Gym No class 7/4, 8/8</p>	<p><u>9:15-10:15AM</u> Gentle Yoga #272704-W2 \$115.50/\$148.50 Janet • Studio 1</p>	<p><u>5:45-6:45AM</u> Bootcamp #272401-H1 \$115.50/\$148.50 Cara • Hunt Gym No Class 7/6, 8/10</p>	<p>NEW** <u>8:00-9:00AM</u> All Levels Yoga #272708-F2 \$115.50/\$148.50 Peter • Beede Patio</p>	<p><u>Ongoing</u> Private Pilates Reformer #570003- (01, 05, 10) \$71, \$330, \$650 \$73, \$340, \$670 TBD • Hunt Annex</p>
<p><u>9:15-10:15AM</u> Balance and Stretch #272705-M2 \$115.50/\$148.50 Janet • Studio 1</p>	<p><u>7:00-8:00AM</u> Body Sculpt on Ball* #272601-T1 \$105/\$135 Lori • Studio 1</p>	<p>NEW** <u>8:00-9:00AM</u> PiYo on the Patio #272503-W5 \$115.50/\$148.50 Lori • Beede Patio</p>	<p><u>7:15-8:15AM</u> Booty-BARRE #272602-H2 \$115.50/\$148.50 Lori • Studio 2</p>	<p>NEW** <u>9:15-10:15AM</u> Gentle Flow Yoga #272707-F2 \$115.50/\$148.50 Peter • Beede Patio</p>	<p><u>Ongoing</u> Private Pilates Mat #570004- (01, 05, 10) \$71, \$330, \$650 \$73, \$340, \$670 TBD • Hunt Annex</p>
	<p>NEW** <u>8:00-9:00AM</u> Fitness Yoga on the Patio* #272703-T4 \$105/\$135 Laurel • Beede Patio</p>	<p><u>12:30-1:00PM</u> Lunch Time Muscle Tone #272901-W2 \$57.75/\$74.25 Lori • Studio 1</p>	<p><u>8:30-9:30AM</u> Gentle Pilates #272501-H1 \$115.50/\$148.50 Ellen • Studio 2</p>		
	<p><u>8:15-9:15AM</u> Yoga Basics* #272701-T1 \$105/\$135 Cathy • Studio 1</p>		<p><u>9:45-10:45AM</u> Pilates #272502-H2 \$115.50/\$148.50 Lori • Studio 2</p>		<p><u>Ongoing</u> Private Yoga #570005 (01, 05, 10) \$71, \$330, \$650 \$73, \$340, \$670 TBD • Hunt Annex</p>
	<p><u>9:45-10:45AM</u> Pilates* #272502-T2 \$105/\$135 Lori • Studio 2</p>				<p>SPECIAL EVENTS</p>
<p>CONCORD RECREATION</p>					<p><u>September is National Yoga Month!</u></p> <p>Watch for information about our free, community yoga programs on the Concord Recreation website www.concordrec.com</p>

SESSION DATES

The Summer session of group fitness classes will run Monday, June 19-September 3.

PLEASE REFER TO THE CLASSES WITH * THAT DO NOT HAVE CLASS ON

- July 4

**Please note that the patio classes end two weeks earlier than all other summer fitness classes

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.

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

Ripley (Ripley School Gym)

120 Meriam Road 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 received 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 participants 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 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.