

GROUP FITNESS SCHEDULE

FALL 2021 • SEPTEMBER 13 - DECEMBER 12

9-16-21

	55 CHURCH STREET GYM	HUNT GYM	HUNT MPR	ONLINE
MON	4:15-5:15pm Body Sculpting w/Diane		9:00-10:00am Gentle Flow Yoga w/Peter	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		
WED	9:30-10:30am PiYo w/Lori 12:00-1:00pm Aston Kinetics w/Shirley	5:45-6:45am Rip & Ride w/Cara		8:00-9:00am Small Group PT w/Laurel
THU		5:45-6:45am Boot Camp w/Cara		
FRI	9:30-10:30am Body Sculpting w/Diane	5:45-6:45am Spin w/Cara	9:00-10:00am Gentle Flow Yoga w/Peter	7:30-8:30am Small Group PT w/Laurel 8:00-9:00am Yoga S & S w/Lisa
	Max=12 Barre=8	Max =20 Cycle=12	Max=16	Max=NA

SESSION DATES

Fall: September 13-December 12

NO CLASS DATES

November 25, November 26

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 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.

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 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
5. Other natural events outside of the control of the Recreation Department

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 PROCEDURE

- Drop-in's are available so long as space allows based on the maximum for that designated class area
- The Drop-In form must be completed by the participant before class begins
- Payment due at time of registration-\$20 per class

CLASS MAKEUPS

- Classes will be made-up only when an instructor or substitute is unavailable to teach

GROUP EXERCISE RATES FALL 2021

DAY	MEMBER	NON-MEMBER
MONDAY	\$156	\$195
TUESDAY	\$156	\$195
WEDNESDAY	\$156	\$195
THURSDAY	\$144	\$180
FRIDAY	\$144	\$180
ASTON KINETICS	\$117	\$135