

GROUP FITNESS SCHEDULE

WINTER 2023 • JANUARY 2 - MARCH 19

11-21-22

	55 CHURCH STREET GYM	HUNT GYM	HUNT MPR	ONLINE
MON	10:00-10:50pm Postpartum Yoga w/Eleonora 11:00-11:50m Chair Yoga w/Eleonora 4:15-5:15pm Body Sculpting w/Diane 5:30-6:30pm Yoga for Stiff People w/Kelly	5:45-6:45am Rip & Ride w/Cara		8:00-9:00am Small Group PT w/Laurel 9:30-10:30am Pilates with Weights w/Cheryl
TUE	8:30-9:30am Yoga Stretch & Strength w/Lisa 10:30-11:30am Stretch & Arthritis w/Carolyn 4:15-5:15pm Body Sculpting w/Diane	5:45-6:45am Boot Camp w/Cara 9:00-10:00am Spin & Strength w/Cara	10:00-10:50am Gentle Yoga w/Eleonora 11:00-11:50am Chair Yoga w/Eleonora 12:00-12:50pm Postpartum Yoga w/Eleonora 1:00-1:50pm Yoga for Alzheimer w/Eleonora	
WED	9:30-10:30am Yoga Basics w/Cathy	5:45-6:45am Rip & Ride w/Cara 9:30am-10:30am Boot Camp w/Carolyn		8:00-9:00am Small Group PT w/Laurel 8:30-9:30m Align for Motion w/Shirley
THU	9:30-10:30am Pilates with Weights w/Lori	9:00-10:00am Spin & Strength w/Cara		
FRI	9:15-10:15am Body Sculpting w/Diane			7:30-8:30am Small Group PT w/Laurel 8:00-9:00am Yoga Stretch & Strength w/Lisa 9:30-10:30am Pilates with Weights w/Cheryl
SAT				
SUN				
	Max=12 Barre=8	Max =20 Cycle=12	Max=16	Max=NA

SESSION DATES

Winter 2023 January 3 - March 19

NO CLASS DATES

January 14, 15, 16, February 19-26

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.

PROGRAM INFORMATION

REGISTRATION POLICY

Registration forms are processed on a first come first served basis. Full payment must accompany the registration form. In cases where classes are filled or canceled, we will notify you to try and arrange an alternate class. In order to receive member pricing, the individual participating must be a member from the time of registration until the end of the session. If the membership is not current or was to lapse, then you would be charged the non-member rate for the entire session, fees will not be pro-rated. Registrations are processed on a first come first served basis. Full payment must be paid at time of registration. In cases where classes are filled or canceled, we will notify you to try and arrange an alternate class.

CANCELLATION POLICY

There will be a \$25.00 (\$50 for AfterSchool, BeforeSchool, Early Release at Hunt and Concord Carousel Preschool) fee if you must cancel or switch a class or activity once your registration has been processed. The cancellation/ change fee applies to each activity/program that needs to be altered. This applies to all Concord Recreation programs including membership at the Beede Swim and Fitness Center. Concord Recreation reserves the right to make schedule changes to better serve our members or to cancel/combine instructional classes and programs due to insufficient enrollment. Please see Childcare Services for additional information on schedule change fees.

A full or partial refund will be issued under the program participants name or a make-up will be scheduled if the Facility must cancel a class due to the following:

- Weather (Snow/Blizzard, Tornado, Hurricane, etc.)
- Mechanical issues
- Fire Evacuation
- A documented medical illness that prevents participation in the program
- Power outages
- No water supply
- Town wide health emergency or closure
- A participant must request a cancellation at least 7 calendar days before the program starts.

Please note:

Summer Camp, AfterSchool, Before School, Early Release at Hunt and Concord Carousel Preschool are excluded and have separate cancellation/ change policies outlined in their handbooks. Please refer to those handbooks for those cancellation policies.

No refunds or makeups will be issued for circumstances including, but not limited to:

- If you should choose not to attend for any reason (outside of a documented medical illness)
- If cancellation notice is provided less than 7 calendar days before the program starts.

Every attempt will be made to schedule a make-up class at the end of the program session, which varies based on the program and staffing/ space/schedule availability. All situations outside of the ones mentioned above will be considered on a case-by-case basis.

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 number 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 (Group Exercise & Aquatics)

CLASS MAKEUPS

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