

THANKSGIVING FITNESS

A FOCUS ON GRATITUDE

Start your Thanksgiving Day with a Fitness Class
Compliments of Concord Recreation

YOGA

Join Janet and celebrate the spirit of the holiday with a practice that will open up the body, relieve stress, and energize you for the day ahead.

WHEN:

Thursday, Nov 24

TIME:

8:30-9:30AM

LOCATION:

105 Everett Studios

INSTRUCTOR:

Janet Colantuono

COST:

Free! ***First Come, First Serve***

BOOTCAMP

Join Cara and beat the bulge with this class focused on cardio exercises, interval training, core strength, weights and balance. A total body workout with the focus on maximum cardio benefit.

WHEN:

Thursday, Nov 24

TIME:

5:45-6:45AM

LOCATION:

90 Stow Street Hunt Gym

INSTRUCTOR:

Cara Morgan

COST:

Free! ***First Come, First Serve***



**CONCORD
RECREATION**

