

# fitness programs designed for you.

**CONCORD  
RECREATION**  
FITNESS PROGRAMS

COME TRY OUR CLASSES FOR **FREE**  
JANUARY 3-8, 2017

No registration necessary.

To learn more about all of our fitness classes visit our website  
at [www.concordrec.com](http://www.concordrec.com)

Classes Available On Back

**all ages.  
all abilities.  
all fitness levels.**

## OUR PROGRAMS

- Pilates
- Yoga
- Boot Camp
- Cycle
- Lunchtime Fitness
- Personal Training
- 360 Core Plus
- ...and more!



# CONCORD RECREATION

## JANUARY 3-8, 2017 FREE CLASSES

Tuesday 1/3/17	Class	Time	Instructor	Location
	Boot Camp	5:45-6:45AM	Cara	Hunt Gym
	Body Sculpting on the Ball	7:00-8:00AM	Lori	Studio 1
	Small Group Personal Training	8:00-9:00AM	Laurel	Hunt Gym
	Yoga Basics	8:00-9:00AM	Cathy	Hunt Multi Rm
	Cardio Mix	9:30-10:30AM	Kathy	Hunt Gym
	Pilates	9:45-10:45AM	Lori	Studio 2
Wednesday 1/4/17	Class	Time	Instructor	Location
	Cycle	6:00-7:00AM	Cara	Hunt Gym
	Total Conditioning	8:15-9:15AM	Krysta	Hunt Gym
	Gentle Yoga	9:15-10:15AM	Janet	Studio 1
	Butts and Gutts	9:30-10:30AM	Krysta	Hunt Gym
Thursday 1/5/17	Class	Time	Instructor	Location
	Boot Camp	5:45-6:45AM	Cara	Hunt Gym
	Small Group Personal Training	8:00-9:00AM	Laurel	Hunt Gym
	Gentle Pilates	8:30-9:30AM	Ellen	Studio 2
	Cycle Plus	9:30-10:30AM	Laurel	Hunt Gym
<b>NEW!</b>	Lunch Time Yoga	12:00-12:30PM	Janet	Hunt Multi Rm
Friday 1/6/17	Class	Time	Instructor	Location
	Cycle	6:00-7:00AM	Cara	Hunt Gym
	360 Core Plus	7:00-7:45AM	Delinda	Studio 1
	Pilates/Barre	8:00-9:00AM	Diane	Studio 2
	Yoga Basics	8:00-9:00AM	Cathy	Hunt Multi Rm
	Body Sculpting	9:15-10:15AM	Diane	Studio 2
	Gentle Flow Yoga	9:15-10:15AM	Peter	Hunt Multi Rm
	Interval Fusion	9:30-10:30AM	Delinda	Hunt Gym
Sunday 1/8/17	Class	Time	Instructor	Location
<b>NEW!</b>	Gentle Flow Yoga	9:00-10:00AM	Peter	Studio 1