

OPEN HOUSE

State-of-the-art aquatic and fitness facilities

Membership to fit your needs

MARCH 27, 2019

Visit our wonderful facility and have a workout on us.

Open House runs Wednesday March 27th from 8:00am - 4:00pm. All are welcome.

Special offerings throughout the day including drop-in water fitness classes, clinics, giveaways, facility tours, light refreshments and more!

Raffle for a free 3 Month Membership!

Sign up for an Annual Recurring Membership and the Joining Fee is waived.

DROP-IN CLASSES

SHALLOW WATER WORKOUT	9:00-10:00am
DEEP WATER INTERVAL	10:15-11:00am
ARTHRITIS	11:30-12:15pm

CLINICS

FITNESS YOGA W/ LAUREL	11:30-12:00pm
NUTRITION 101 W/ BRIAN	12:30-1:00pm
STROKE CLINIC W/ ILKKA	1:30-2:00pm
FREE WEIGHTS W/ JEFF	2:30-3:00pm



The Beede Swim & Fitness Center is managed by the Concord Recreation Department and is funded solely by membership and program fees. We are deeply committed to serving the fitness needs and interests of our community, across all ages and abilities.

Hours Of Operation:

Monday Thru Friday 5:30am– 9:00pm
Saturday And Sunday 7:00am – 6:00pm

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