

FITNESS IN NATURE SERIES

Join The Beede Center for a fitness & nature series this summer! Classes will be offered monthly at various sites throughout Concord including White Pond Beach, Fairyland and Emerson Park. Pre-registration required.

MAY

PADDLEBOARD YOGA

JUNE

**PADDLEBOARD YOGA
YOGA ON THE BEACH
MINDFULNESS WALKS
HIKE YOGA**

JULY

**PADDLEBOARD YOGA
MINDFULNESS WALKS
HIKE YOGA
YOGA IN THE PARK**

AUGUST

**PADDLEBOARD YOGA
MINDFULNESS WALKS
HIKE YOGA
YOGA IN THE PARK**



VISIT OUR WEBSITE FOR MORE DETAILS

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CENTER**
swim + fitness