

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

JULY

PADDLEBOARD YOGA
MINDFULNESS WALKS
HIKE YOGA
YOGA IN THE PARK

JUNE

PADDLEBOARD YOGA
YOGA ON THE BEACH
MINDFULNESS WALKS
HIKE YOGA

AUGUST

PADDLEBOARD YOGA
MINDFULNESS WALKS
HIKE YOGA
YOGA IN THE PARK



VISIT OUR WEBSITE FOR MORE DETAILS

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CENTER**
swim + fitness