

JANUARY 2019 ADULT CLASSES at Concord Parks & Rec



**Concord
Parks & Rec**

14 CANTERBURY RD., CONCORD NH

Classes open to adults (18+) & are open to Concord/Penacook residents & non-residents. Registration recommended at least 7 days before class begins. Many classes have limited space & are first come, first served.

ART CLASSES

Beginner Acrylics	Thursdays: Jan. 10-Feb. 14	6 - 8 PM	\$90 resident, \$100 non-resident
Intro. to Drawing	Wednesdays: Jan. 9-Feb. 13	6 - 8 PM	\$90 resident, \$100 non-resident

DANCE CLASSES

West Coast Swing	Tuesdays: Jan. 8-Feb. 12	6 - 7 PM	\$125 resident, \$135 non-resident (*price per couple)
Argentine Tango	Tuesdays: Jan. 8-Feb. 12	6 - 7 PM	\$125 resident, \$135 non-resident (*price per couple)

FITNESS CLASSES

Boot Camp	Saturdays: Jan. 5-Feb. 9	8:15 - 9 AM	\$60 resident, \$70 non-resident
Gentle Yoga	Tuesdays: Jan. 8-Feb. 12	10 - 11 AM	\$52 resident, \$62 non-resident
Lunchtime Yoga	Tuesdays: Jan. 8-Feb. 12	Noon - 12:30 PM	\$25 resident, \$35 non-resident
10/10/10	Tuesdays: Jan. 8-Feb. 12	Noon - 12:30 PM	\$30 resident, \$40 non-resident
Country Sass	Tuesdays: Jan. 8-Feb. 12	7 - 8 PM	\$60 resident, \$70 non-resident
20/20/20	Wednesdays: Jan. 9-Feb. 13	8:30 - 9:30 AM	\$60 resident, \$70 non-resident
Yoga 101	Wednesdays: Jan. 9-Feb. 13	5 - 6 PM	\$60 resident, \$70 non-resident
Boot Camp	Wednesdays: Jan. 9-Feb. 13	5 - 5:45 PM	\$60 resident, \$70 non-resident
Mindfulness Hypnosis	Wednesdays: Jan. 9-Feb. 13	6 - 7 PM	\$50 resident, \$60 non-resident
Yoga & Meditation	Wednesdays: Jan. 9-Feb. 13	6:15 - 7:30 PM	\$62 resident, \$72 non-resident
Pound	Thursdays: Jan. 10-Feb. 14	5 - 5:30 PM	\$24 resident, \$34 non-resident
Zumba	Thursdays: Jan. 10-Feb. 14	5:30 - 6 PM	\$24 resident, \$34 non-resident
All Levels Yoga	Thursdays: Jan. 10-Feb. 14	6 - 7 PM	\$60 resident, \$70 non-resident
Country Sass	Thursdays: Jan. 10-Feb. 14	7 - 8 PM	\$60 resident, \$70 non-resident
Senior Fitness (50+)	Fridays: Jan. 11-Feb. 15	9 - 10 AM	\$30 resident, \$40 non-resident

LANGUAGE CLASSES

French 1	Mondays: Jan. 7-Feb. 18	5:30 - 7 PM	\$125 resident, \$135 non-resident
French 2	Wednesdays: Jan. 9-Feb. 13	5:30 - 7 PM	\$125 resident, \$135 non-resident
German for Beginners	Mondays: Jan. 7-Feb. 18	5:30 - 7 PM	\$125 resident, \$135 non-resident
Spanish 1	Mondays: Jan. 7-Feb. 18	5:30 - 7 PM	\$125 resident, \$135 non-resident
Spanish 2	Wednesdays: Jan. 9-Feb. 13	5:30 - 7 PM	\$125 resident, \$135 non-resident

MUSIC CLASSES

All About Chords	Mondays: Jan. 7-Feb. 18	8 - 9 PM	\$75 resident, \$85 non-resident
How to Play Ukulele 3	Mondays: Jan. 7-Feb. 18	7 - 8 PM	\$75 resident, \$85 non-resident
How to Play Guitar	Mondays: Jan. 7-Feb. 18	6 - 7 PM	\$75 resident, \$85 non-resident

PHOTOGRAPHY CLASSES

Digital Photography	Tuesdays: Jan. 8-Feb. 12	6 - 9 PM	\$125 resident, \$135 non-resident
Digital Photography 2	Thursdays: Jan. 10-Feb. 14	6 - 9 PM	\$125 resident, \$135 non-resident
Image Editing in Photoshop	Tuesdays: Jan. 8-Feb. 12	6 - 9 PM	\$125 resident, \$135 non-resident

MISC. CLASSES

Dog Obedience Training	Mondays: Jan. 7-March 4	6:30 - 8:30 PM	\$100 resident, \$110 non-resident
Archery	Fridays or Saturdays: begins weekend of Jan. 11 & 12	Varies	\$79 resident, \$89 non-resident

WEEKLY ADULT DROP IN PROGRAMS ALSO INCLUDE:

Basketball, Pickleball, Futsal • \$3 pp resident (with ID), \$4 pp non-resident

Call us at (603) 225-8690, stop by the City Wide Community Center, or view our online brochure at: WWW.CONCORDPARKSANDREC.COM