

Bedford Recreation Adult Programs

What's coming up in May...

~ Calligraphy ~

Wednesdays, 5:30-7:30pm, 5/4-6/8 Fee: \$100

~ Portrait Art Studio ~

Mondays, 6:15-8:15pm, 5/23-6/20 Fee: \$80

~ Edible Perennial Gardening Workshop ~

Thursday, May 12, 6:30-8:00pm Free, but register to get a seat!

Plants will be available for purchase

Funded by a Grant from the Bedford Cultural Council and the Mass Cultural Council

~ A Picnic Lunch Cooking Class ~

Tuesday, May 17, 6:30-9:00pm Fee: \$30 plus \$10 material fee

~ CPR ~

Heartsaver Class: Sunday, May 22, 2:00-4:00pm Fee: \$53

Healthcare Provider Class: Sunday, May 22, 4:30-7:30pm Fee: \$70

~ Dance ~ Fitness ~ Sport ~

HIIT (High Intensity Interval Training, Thursdays, 8:45-9:15am, 5/5-5/26 Fee: \$35

Barre Balance, Sundays, 9:30-10:30am, 5/8-6/26 Fee: \$66

Pilates & Yoga Fusion, Saturdays, 10:15-11:00am, 5/14-6/25 Fee: \$66

Piloxing, Sundays, 8:30-9:30am, 5/15-6/26 Fee: \$66

Stretch and Tone for Women, Tuesdays, 7:00-8:00pm Fee: \$66

Cardio Barre Blast, Tuesdays, 8:00-9:00pm, 5/17-6/21 Fee: \$66

Cardio Barre Blast, Thursdays, 7:30-8:30pm, 5/19-6/23 Fee: \$66

Co-Ed Bootcamp, Mon. Wed or Saturday, evening or morning options Fee: \$92/8wks

Ballroom Dance, Mondays, 7:00-8:00pm, 5/16-6/27 Fee: \$66

Irish Step Dance, Thursdays, 5/19-6/23 Fee: \$66

Modern Dance, Tuesdays, 6:00-7:00pm Fee: \$66

Golf, Beginner and Advanced classes, various times \$169/ 5wks

Full program information in our online brochure: www.bedfordrecreation.org

Register online, in person, mail or fax

Office: 12 Mudge Way, Bedford. Open Mon-Fri. 9-4 Phone 781-275-1392