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