

# Racquetball:

## Book a Court:

Members of The Shrewsbury Club get racquetball courts FREE! Non-members simply pay our guest fee of \$20.

## Racquetball League/Open Night:

The Shrewsbury Club is happy to host a racquetball league September - March. We also host open nights where for drop-in and play with other players.

**Please contact BenD@shrewsburyclub.com.**

# Martial Arts:

## Join our Adult Karate class!

### Teen/Adults:

Up to 2x a week, 60 minutes

Mondays at 7:00 PM

Wednesdays at 6:00 PM

**M \$85/NM \$132 monthly**

## Ladies' Self Defense Seminar

Tuesdays (6:45-8:15 PM)

Saturdays (12:00-1:30 PM)

Ages 16+

**M \$15/NM \$20 per session**

**\*For specific dates, please contact SarahC@shrewsburyclub.com**



# Contact Us:

**Location:** 3 Tennis Drive, Shrewsbury, MA 01545

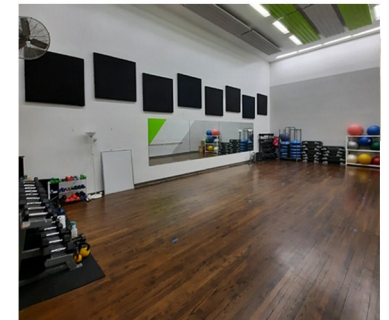
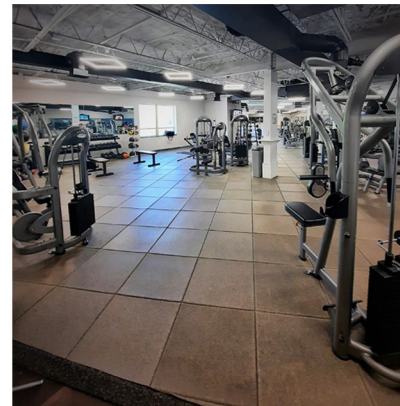
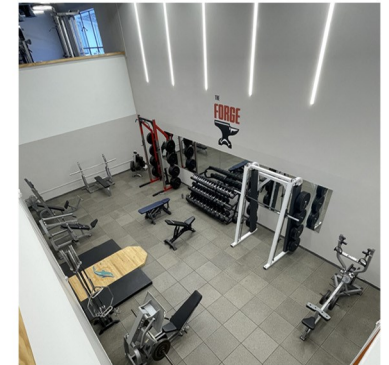
**Contact:** (508) 845-1000

**Website:** [www.shrewsburyclub.com](http://www.shrewsburyclub.com)



# THE SHREWSBURY CLUB

## ADULT PROGRAMMING



We offer a multitude of sports and exercise programming, including tennis, personal fitness, group exercise, and more!

# DISCOVER OUR PROGRAMS:

## Fitness:



### Personal Training

Join our certified trainers for fitness catered to your needs! We offer a complimentary consultation to potential clients. Hour and half-hour sessions available. Rates vary depending on the hours trained per week.



### Shrewsbury S.T.R.O.N.G

(12 weeks, 2x a week, 60 minutes)

Social. Tactical. Repeatable. Optimal. Nutritional. Guidance. Shrewsbury S.T.R.O.N.G is designed for those looking to improve or maintain their current fitness journey. Join our certified PT Claire for intermediate programming tailored to your group, with a focus on constant improvement.

**Wednesdays & Saturdays 9:00 AM - 10:00 AM w/Claire**

**Mondays & Thursdays 7:00 PM - 8:00PM w/Bryan**

**M \$145/NM \$200 monthly.**



### 90-Day Transformation Challenge

(12 weeks, 2x a week, 60 minutes)

Take the challenge to start your fitness journey over 90 days. Small group training focused on group support and accountability. Participants can expect biweekly 1-on-1 counseling as well as detailed nutritional education.

**Tuesdays & Wednesdays 6:45 AM - 7:45 AM w/Bryan**

**M \$145/NM \$200 monthly.**



### Athlet X (12 weeks, 2x a week, 60 minutes)

This program teaches barbell, dumbbell, and kettlebell technique partnered with athletic movement. Great for all levels of experience!

**Ages 14+. Tuesdays & Wednesdays, 5:45 AM - 6:45 AM**

**Indoor turf field. M \$145/NM \$200 monthly. w/Bryan**



### Group Exercise (Daily, 60 minutes)

Our group exercise classes offer members and non-members alike the opportunity to test out any new program with no commitment! Classes, which are **free for members**, include Zumba, Spin, Yoga, Pilates (mat), and more! Please check our website for a detailed list of classes and times.

**M \$0/NM \$20 per class.**

**Please contact (fitness@shrewsburyclub.com)**



**CPR/AED  
TRAINING**

### Adult & Pediatric First Aid/CPR/AED

Dates: 3/5, 4/9, 5/14

6:30pm - 8:30pm

**M \$89/NM \$129**

**Please contact (SarahC@shrewsburyclub.com)**

## Tennis & Pickleball: Adult Weekly Clinics

### Tennis Beginner: (6 Weeks, 1x a week, 90 minutes)

Thursdays at 6:00 PM. Prepay 6 weeks, M \$180/NM \$240.  
Levels 2.0 - 2.5.

### Tennis Intermediate: (6 Weeks, 1x a week, 90 minutes)

Saturdays at 10:30 AM. Prepay 6 weeks, M \$180/NM \$240.  
Levels 2.5 - 3.0.

### Tennis Advanced: (6 weeks, 1x a week, 90 minutes)

Tuesdays at 6:00 PM. Prepay 6 weeks, M \$180/ NM \$240.  
Levels 3.0 - 4.0.

### Round Robin: (1x a week, 90 minutes)

Thursdays at 8:00 PM. \$18 to play, minimum 4 players to run.  
Levels 2.5+.

### Men's Night: (1x a week, 90 minutes)

Thursdays at 8:00 PM. \$18 to play.

### Pickleball:

Mondays and Fridays at 10:00 AM. \$30 to play. All ages and experience levels.

**Contact TomD@shrewsburyclub.com to sign up or call/text (908) 813-1062.**



**Please contact**

**(AymanK@shrewsburyclub.com)**

## Tennis Leagues:

### CMITA Women's League:

Level C Teams

Practice: TUESDAYS 7:00 PM - 8:30 PM

Matches: SATURDAYS 12:00 PM - 3:00 PM

### DBH:

DBH Division 4 team

Practice: TUESDAYS 9:30 AM - 11:00 AM

Matches: THURSDAYS starting at 9:00 AM

### USTA:

USTA Spring League matches TBD

Women Level 3.0

Men Level 4.0

Co-ed Aged 55+

**\*Tennis Pro approval required for  
all potential League players.**