

# 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](mailto: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**



# Contact Us:

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

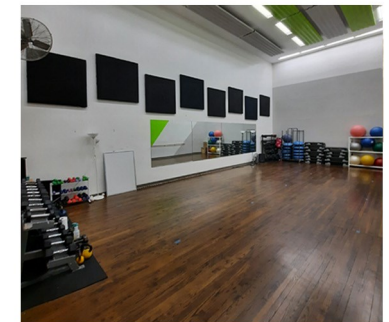
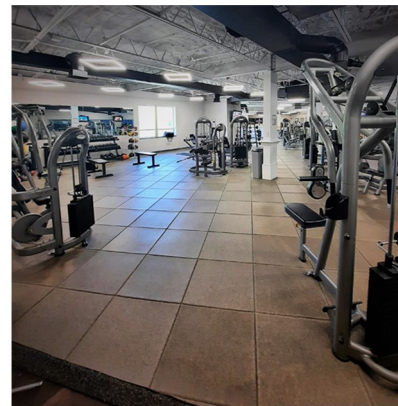
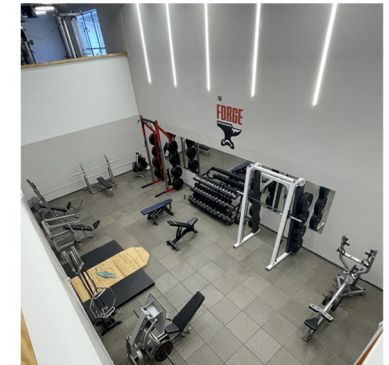
**Contact:** (508) 845-1000

**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 4:00 PM - 5:00 PM & Thursdays 6:00 AM - 7:00AM**  
M \$145/NM \$200 monthly. Min 3 participants



### Summer Shred 60 (May 13 - June 20)

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

**No excuses for the summer body you have dreamed of!**

Small group training focused on group support and accountability.

**Mondays & Thursdays 6:00pm - 7:00pm**  
**Tuesdays & Wednesdays 6:45 AM - 7:45 AM**  
M \$225/NM \$300. Min 3 participants



### 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. Min Participants



### 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](mailto:fitness@shrewsburyclub.com))



American Red Cross

**CPR/AED TRAINING**

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

Dates: May 14  
6:30pm - 8:30pm

Please contact ([SarahC@shrewsburyclub.com](mailto:SarahC@shrewsburyclub.com))

## Tennis & Pickleball:

### Adult Weekly Clinics

Summer 1: July 1 - 30

Summer 2: Aug 5 - Aug 26

**Tennis Beginner: (4Weeks, 1x a week, 90 minutes)**

Thursdays at 6:00 PM. Prepay 4 weeks, M \$120/NM \$160.  
Levels 2.0 - 2.5.

**Tennis Intermediate: (4 Weeks, 1x a week, 90 minutes)**

Mondays at 10:30 AM. Prepay 4 weeks, M \$120/NM \$160.  
Levels 2.5 - 3.0.

**Tennis Advanced: (4 weeks, 1x a week, 90 minutes)**

Tuesdays at 6:00 PM. Prepay 4 weeks, M \$120/ NM \$160.  
Levels 3.0 - 4.0.

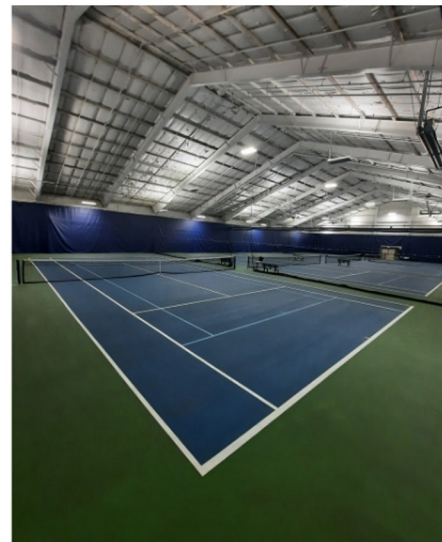
**Round Robin: (1x a week, 90 minutes)**

Thursdays at 8:00 PM. M\$18/ NM \$20 to play, minimum 4 players to run.  
Levels 2.5+.

**Pickleball:**

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

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



## Tennis Leagues:

**USTA:**

USTA Spring League matches TBD

Women's Level 3.0

Men's Level 3.5

Mixed Level 6.0

Mixed Level 9.0

Co-ed Aged 55+

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

Please contact  
([AymanK@shrewsburyclub.com](mailto:AymanK@shrewsburyclub.com))