



**American  
Red Cross**

# CPR/AED TRAINING

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

Contact Sarah Corey at:

**SarahC@shrewsburyclub.com** for dates and times

# MARTIAL ARTS

**Teen Adult Karate Class**

**Ages 13+**

2X Wk 60 min classes

Mondays 6:15pm

Wednesdays 6:15pm

Mem \$86 mth Non \$135 Mth



**Ladies Self Defense  
Seminar**

Running Classes Monthly  
Contact Sarah Corey for  
dates & times:

**SarahC@shrewsburyclub.com**

**FOR ANY INFORMATION ON MARTIAL ARTS PLEASE EMAIL OR CALL  
SARAH COREY: SARAHC@SHREWSBURYCLUB.COM CALL: 774-214-3030**

# DANCE



**Teen/Adult 12+**

1X a Week, 60 Min

Tuesdays 7:00pm

**\$99 Mem \$155 NM  
monthly**

# CONTACT US

**THE SHREWSBURY CLUB**

**3 TENNIS DRIVE**

**SHREWSBURY**

**MA. 01545**

**508-845-1000 WWW.SHREWSBURYCLUB.COM**



# THE SHREWSBURY CLUB

## ADULT SPRING PROGRAMMING BROCHURE



**WWW.SHREWSBURYCLUB.COM**

**508-845-1000**

# FITNESS

Contact any of our personal trainers for the best start to your lifestyle change!

**All Members** receive a **complimentary** health and wellness screening with our trainers. From this meeting they can suggest the best road forward to improve your health and fitness. Email: [Fitness@shrewsburyclub.com](mailto:Fitness@shrewsburyclub.com) to schedule your complimentary session.



## The Shrewsbury Club Personal Training Prices

1 on 1 Personal Training Min Session	30	Member	Non-Member	Price Per Session
Single Session		\$ 49.00	\$ 92.00	\$69/\$92
6 Pack of Sessions		\$ 402.00	\$ 535.00	\$67/\$89.17
12 Pack of Sessions		\$ 780.00	\$ 1,038.00	\$65/\$86.50
1 on 1 Personal Training Min Session	60	Member	Non-Member	Price Per Session
Single Session		\$ 89.00	\$ 119.00	\$89/\$119
6 Pack of Sessions		\$ 522.00	\$ 696.00	\$87/\$116
12 Pack of Sessions		\$ 1,020.00	\$ 1,340.00	\$85/\$113.33
Monthly EFT 1 Session a Week		\$ 351.00	\$ 468.00	\$80.78/\$107.71
Monthly EFT 2 Sessions a Week		\$ 685.00	\$ 914.00	\$78.83/\$105.18
Monthly EFT 3 Sessions a Week		\$ 1,003.00	\$ 1,338.00	\$76.95/\$102.65
1 on 2 Partner Personal Training Min Sessions	60	Member Per Person	Non-Member Per Person	Price Per Session Per Person
Single Session		\$ 63.00	\$ 84.00	\$63/\$84
6 Pack of Sessions		\$ 366.00	\$ 488.00	\$61/\$81.33
12 Pack of Sessions		\$ 708.00	\$ 944.00	\$59/\$78.66
Monthly EFT 1 Session a Week		\$ 242.00	\$ 323.00	\$55.70/\$74.34
Monthly EFT 2 Sessions a Week		\$ 465.00	\$ 620.00	\$53.51/\$71.35
Monthly EFT 3 Sessions a Week		\$ 678.00	\$ 904.00	\$52.01/\$69.35
1 on 3+ Small Group Personal Training 60 Min Sessions		Member	Non-Member	Price Per Session
Single Session		\$ 58.00	\$ 78.00	\$58/\$78
6 Pack of Sessions		\$ 336.00	\$ 448.00	\$56/\$74.67
12 Pack of Sessions		\$ 648.00	\$ 864.00	\$54/\$72
Monthly EFT 1 Session a Week		\$ 226.00	\$ 302.00	\$52.02/\$69.50
Monthly EFT 2 Sessions a Week		\$ 435.00	\$ 580.00	\$50.06/\$66.74
Monthly EFT 3 Sessions a Week		\$ 626.00	\$ 835.00	\$48.02/\$64.06

## GROUP EXERCISE SCHEDULE

Group Ex Classes are all complimentary for club members, each class is 60 minutes long. Non Member Guests Fee \$20 a Class

Monday		Thursday	
8:30am	Muscle Mix	8:30am	Muscle Mix
9:30am	Yoga	9:30am	Yoga
6:00pm	Zumba	6:00pm	Spin
Tuesday		Friday	
8:30am	Yoga	8:30am	Mash Up
6:00pm	Spin	Saturday	
Wednesday		8:30am	Triple Threat
8:30am	Weights/Pilates	Sunday	
6:00pm	Yoga	8:30am	Strength Int

# RACQUET SPORTS

## SPRING TENNIS CLINICS & SOCIALS MAR 31-MAY 5 & MAY 19-JUN 23



<b>Beginner</b>	Thursdays 6pm 1X Week 90 Min	\$180 Mem \$240 Non M 6 Wks Lvl 2.0
<b>Intermediate 1</b>	Mondays 6pm 1X Week 90 Min	\$180 Mem \$240 Non 6 Wks Lvl 2.5-3
<b>Intermediate 2</b>	Saturdays 10:30am 1X Week 90 Min	\$180 Mem \$240 Non 6 Wks Lvl 2.5-3
<b>Advanced</b>	Tuesdays 6pm 1x Week 90 Min	\$180 Mem \$240 Non 6 Wks Lvl 3.0+
<b>Social Round Robin</b>	Weds 8:30pm & Thurs 8:00pm	Weekly Drop In \$18Mem \$22Non

## SPRING TENNIS LEAGUES

Women's Lvl 3.0, Men's Lvl 3.5, Mixed Lvl 6.0, Mixed Lvl 9.0, Co-Ed Aged 55+  
Please Contact Racquet Sports Director Aymen Khan for League Information.  
[AymanK@shrewsburyclub.com](mailto:AymanK@shrewsburyclub.com)

## SPRING PICKLEBALL CLINICS & SOCIALS

Mon & Fri 10am-11:30am \$30 to play

All ages & experience levels welcome.

Contact: [TomD@shrewsburyclub.com](mailto:TomD@shrewsburyclub.com) to sign up



## SPRING RACQUETBALL

Members receive Racquetball courts for free, Non Mem pay guest fee of \$20.  
There is a League that runs Sept-March, Spring & Summer Courts are available for open play. To enroll in the league please email Racquet Sports Director Ayman Khan: [AymanK@shrewsburyclub.com](mailto:AymanK@shrewsburyclub.com)