

Martial Arts:

Join our Adult Karate class!

Teen/Adults:

Ages 13+

2x a week, 60 minutes

Mondays at 7:15 PM

Wednesdays at 7:00 PM

Member \$75/month

Non-Member \$129/month

Ladies'

Self Defense Seminar:

Ages 16+

90 minutes

Upcoming Dates: 10/10/26, 12/05/26,

02/06/27, 04/10/27, 06/12/27

Member \$15/session

Non-Member \$20/session

Please contact SarahC@shrewsburyclub.com

Pickleball:

Open Plays

Monday & Fridays 10am-12pm

Member & Non-Members

\$15/person

Please contact TomD@shrewsburyclub.com

CPR/AED Training:

American Red Cross

Adult & Pediatric First Aid/CPR/AED

Upcoming Dates: 10/10/26, 11/12/26,
12/05/26, 01/07/27, 02/06/27, 03/11/27,
04/10/27, 05/23/27

Please contact SarahC@shrewsburyclub.com

Contact Us:

Location: 3 Tennis Drive, Shrewsbury, MA 01545

Contact: (508) 845-1000

Website: www.shrewsburyclub.com



2026 ADULT PROGRAMS



**WE OFFER A MULTITUDE OF SPORTS
AND EXERCISE PROGRAMMING,
INCLUDING TENNIS, GROUP EXERCISE,
AND MORE!**

Fitness:



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 or scan the QR code below for a detailed list of classes and times.

Member \$0/Non-Member \$20 per class.

Group Exercise Class Packages (expire 6-months from purchase)

- o 1-class for \$20
- o 8-classes for \$108
- o 12-classes for \$135

Scan for our full Group Exercise Schedule!



The Shrewsbury Club Personal Training Prices			
1 on 1 Personal Training 30 Min Session	Member	Non-Member	Price Per Session
Single Session	\$ 69.00	\$ 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 60 Min Session	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	\$ 1,360.00	\$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

We also offer 1 on 2 partner training and 1 on 3+ small group training!

Please contact Fitness@shrewsburyclub.com

Racquetball:

Racquetball League:

The Shrewsbury Club is happy to host a racquetball league September - April.

Session 1: September - December

Session 2: January-April

Member: \$68/session, Non-Member: \$270/session

Please contact Racquetball@shrewsburyclub.com.

Fall Tennis:

Fall 1: Sept 8 - Nov 1 (8 week session) M \$304/NM \$384

Fall 2: Nov 2 - Dec 20 (7 week session) M \$266/NM \$335

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

Wednesdays at 7:30pm

Level Beginner

Tennis Advanced Beginner: (1x a week, 90 minutes)

Thursdays at 6:00PM

Level Beginner

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

Mondays at 6:00PM

Saturdays at 10:30AM

Levels 2.5 - 3.0.

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

Tuesdays at 6:00 PM,.

Levels 3.5 - 4.0.

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

Thursdays at 8:00 PM, M\$20/ NM \$28 (each day)

Minimum 4 players to run.

Levels 3.0+.

Tennis Leagues:

USTA:

USTA League matches TBD

Women's Level 3.0

Men's Level 3.5

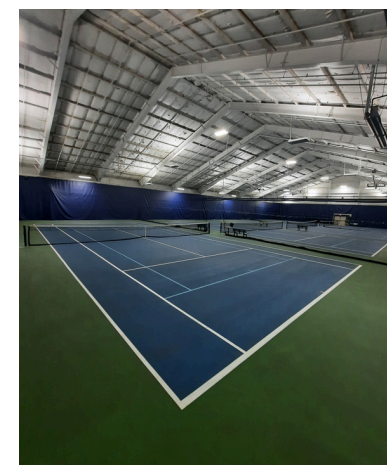
Mixed Level 6.0

Mixed Level 9.0

Co-ed Aged 55+

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

Please check the website for the most current teams list



Please Contact CourtneyG@shrewsburyclub.com