

EVERGREEN FITNESS & POOL MEMBERSHIPS

Make a commitment for your life!

Family Pool memberships include Family Swim!

	Individual		Senior (60+)		Student (14-22)	
	Monthly	Annual	Monthly	Annual	Monthly	Annual
Gym	\$30	\$330	\$30	\$330	\$30	\$330
Pool	\$45	\$495	\$40	\$440	\$35	\$385
Combo	\$60	\$660	\$50	\$550	\$45	\$495

	Couple		Senior Couple		Family	
	Monthly	Annual	Monthly	Annual	Monthly	Annual
Gym	\$60	\$660	\$55	\$605	\$75	\$825
Pool	\$80	\$880	\$75	\$825	\$90	\$990
Combo	\$99	\$1089	\$95	\$1045	\$145	\$1595

**Family membership rates for 4 family members, \$5 each for each additional family member/month
EFT Discount \$5/month for Pool or Combo Memberships only

EVERGREEN TENNIS & SQUASH MEMBERSHIPS

TENNIS	Individual	Couple	SQUASH
Basic Monthly no commitment 2 times/week--1 prime time	\$95	\$170	\$30 Monthly
Basic Annual commitment 2 times/week--1 prime time	\$75	\$140	\$45 with Fitness
Club Annual unlimited court time--1 contract time--includes fitness & pool	\$105	\$165	\$70 Pool & Fitness



MEMBERSHIP RATES & FITNESS AND AQUATIC CLASS SCHEDULE

2572 Route 302
Lisbon, NH 03585
603-838-6511


WWW.EVERGREENGYM.COM

24 HOUR FITNESS CENTER ACCESS

POOL-TENNIS-DESK HOURS

**SUNDAY: 8AM-12PM
MONDAY: 5:30AM-8PM
TUESDAY: 7AM-8PM
WEDNESDAY: 5:30AM-8PM
THURSDAY: 7AM-8PM
FRIDAY: 5:30AM-8PM
SATURDAY: 8AM-4PM**

Evergreen Aquatics and Fitness Class Schedule

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Aquatic Classes included with pool membership. (\$5 with gym membership)							
Aqua Aerobics (45min)	Aqua Combo 9:00am Darcie	Aqua Combo 5:45pm Darcie	Ez-Does It 9:00am Diane	Kick-box Combo 5:45pm Darcie	Aqua Combo 9:00am Darcie	Aqua Circuit 9:00am Darcie	
Fitness Classes included with gym membership. (\$5 with pool membership)							
FasTrak (30 min)	8:15am Dave				8:15am Dave		
Interval Training (60 min)	5:30pm Pam						
Nia (60 min)		4:30pm Cathy					
Spin (60 min)	Beginner Spin (30min) 5:30-6:00pm Courtney 6:15pm Chip	6:15am Courtney 5:30-6:00pm Hi-Intensity Spin with Kim Starts March 6 6:15pm Aspen	Beginner Spin (30min) 8:15-8:45am Nancy 6:15pm Chip	6:15am Courtney 6:15pm Aspen	6:15am Kim	7:15am Aspen	8:30am Evaline
"Pot Luck" Cardio (60 min)			5:30pm Pam				
Cardio Kickboxing (60 min)			4:00pm Jo				
Basketball & Volleyball <small>Free for all members/\$5 for guests</small>		6:30-8:00 Basketball	6:30-8:00 Volleyball		6:30-8:00 Basketball	12:00-1:30 Basketball	
Premium Classes below have an additional fee with your gym or pool membership of \$5							
Yoga (75 min)		Gentle Yoga 9:00am Darcie		Yoga (all levels) 7:30am Darcie	Yoga (all levels) 5:30pm Darcie	Kripalu Yoga 9:00am Erin	
Zumba (60 min)	AQUA ZUMBA 5:45PM	6:00pm Patience		6:00pm Patience		ask about our ZUMBA PASS!!!	
Cardio Kickboxing (90 min)		6:00pm Kaze Dojo					
Hip-Hop Fitness (60 min)	7:00pm Aspen		7:00pm Aspen		7:00pm Aspen	10:00am Aspen	

Evergreen Sports Center Facility & Class Passes

Day Pass \$15 Includes Pool & Fitness Center, \$10 for pool only or Fitness Center only

Block Membership 20 Visits \$240 (\$12 per visit, expires in 2 years) Includes Pool & Fitness Center

Block Membership 40 Visits \$360 (\$9 per visit, expires in 2 years) Includes Pool & Fitness Center

Senior Aquatic Exercise Program 3 x Per week 4 weeks \$45 (Non-members)

Yoga Pass 6 Classes \$55 or \$10/class for Non-Members

Zumba Pass \$50/Month - includes all Zumba classes and a fitness center membership.

Personal Training is available, please inquire at the front desk.

Private Tennis lessons & Clinics also available.

Private swimming lessons are available!

Basketball & Volleyball

Evergreen now has pick-up Basketball/Volleyball nights. Free for both pool and fitness members. \$5/for guests. Balls and pinnies provided. **No outside shoes allowed on the courts! Check schedule for days and times!**