



McConnell Center Fitness Areas

If you haven't seen our new space at the McConnell Center, you should come down and check us out! We have a dance/aerobics studio, a cardiovascular workout room, a fitness room complete with medicine balls and core/stability balls, a room with a Cybex circuit, and a room with free weight equipment. We have daily fees, punch passes, and yearly memberships available to help meet your fitness needs!

As of May 1st: Spring Hours (Fitness facilities):

Monday through Friday: 7am-9pm

Saturdays & Sundays: 9am-4pm

Check at our front desk for updated schedules or call (603) 516-6401!

We also have a **basketball court** with open gym times! Gym times change frequently throughout the fall and winter, as our basketball leagues and practices change, so please call for availability! See you on the court!

Spring Open Gym Times (Basketball Court):

Youth Open Gym: Monday-Friday 2-5pm*

Adult Open Gym: Mondays - Fridays - 12-1pm*

Men's Open Gym: Mondays 6-9pm

Women's Open Gym: Tuesdays 6-9pm

Adult Co-ed Volleyball: Sundays 1-4pm

Badminton: Fridays 6-9pm/Saturdays 1-4pm

(Bring your own racket & birdies)

***Call to see if we have any additional times!**

Subject to change - please call 516-6401 for availability!!!



McConnell Fitness Center & Basketball Court Rates - as of July 1, 2014

RESIDENT	Daily	3-Month Membership	6-Month Membership	Yearly Membership
Adult	\$5.00	\$40.00	\$70.00	\$120.00
Senior	\$3.00	\$25.00	\$40.00	\$65.00
Youth	\$3.00	\$25.00	\$40.00	\$65.00
NON-RESIDENT				
Adult	\$7.00	\$50.00	\$80.00	\$150.00
Senior	\$4.00	\$35.00	\$50.00	\$80.00
Youth	\$4.00	\$35.00	\$50.00	\$80.00

Adult Fitness Classes! Muscle Power/Interval Toning/Yoga/Zumba

We offer adult fitness classes throughout the week!

Session dates and costs can be found online at www.dover.nh.gov under "Recreation Department" or call 516-6401 for more information!.