

LEBANON AREA FITNESS OPPORTUNITIES

DHMC Corporate Fitness Center Membership Information

CCBA (Carter Community Building Association)

Address: One Taylor Street, Lebanon, NH 03766

Website: www.joinccba.org

Phone: (603) 448-6477

Email: info@joinccba.org

Springfield Snap Fitness Center

Address: 363 River Street, Springfield, VT 05156

Website: www.snapfitness.com/springfieldvt

Phone: (802) 886-2407

Email: springfieldvt@snapfitness.com

UVAC (Upper Valley Aquatic Center)

Address: 100 Arboretum Lane, White River Junction, VT 05001

Website: www.uvac-swim.org

Phone: (802) 296-2850 or (802) 296-2853

Other Area Fitness Centers Offering Discounts

Anytime Fitness

Address: 66 Benning Street, Suite 2, West Lebanon, NH 03784

Website: www.westlebanytime.com

Phone: (603) 298-6770

*A one-time security card activation fee not included in membership rates.

Dartmouth College Athletic Facilities

Address: Dartmouth Athletics, 6083 Alumni Gym, Hanover, NH 03755

Website: www.dartmouthsports.com

Phone: (603) 646-8106

*DHMC employees receive the same discounted rates as Dartmouth College employees do at all of their facilities and this includes: Hanover Country Club, Dartmouth Yacht Club, Zimmerman Fitness Center/Alumni Gym, and FLIP classes.

Other Area Fitness Centers – No Discount Applied

KDR Fitness

Address: 75 Bank Street Extension, Lebanon, NH 03766

Website: www.kdrfitness.com

Phone: (603) 727-9092

E-mail: kdrfitness@kdrfitness.com

Holiday Inn Express

Address: 818 Charlestown Road, Springfield, VT 05156

Phone: 1-802-885-4516

Mountainside Racquet & Fitness Center

Address: 23 Summit Road, New London, NH 03257

Website: www.mountainsiderfc.com

Phone: (603) 526-9293

RVC (River Valley Club)

Address: 33 Morgan Drive, Centerra Park, Lebanon, NH 03766

Website: www.rivervalleyclub.com

Phone: (603) 643-7720, ext. 158

Email: contactus@rivervalleyclub.com

Free day pass available.

Shape at VT Tech. College

Address: 1 Main Street, Randolph Center, VT 05061

Website: <http://athletics.vtc.edu/shape/info>

Phone: (802) 728-1384

The Edgar May Health and Recreation Center

Address: 140 Clinton Street, Springfield, VT 05156

Website: www.myreccenter.org/

Phone: 802-885-2568

Email: info@myreccenter.org

Always Fit Athletic Club

Address: 181 Central Street, Woodsville, NH 03785-1206

Website: www.alwaysfitathletic.com

Phone: (603) 747-8006

Twisted Fitness

Address: 23 Pleasant Street, Claremont, NH 03743

Website: www.twistedfitness.com

Phone: (603) 542-0414

E-mail: twistedfitnessnh@gmail.com

Newport Fitness and Spa

Address: 25 Main Street, Newport, NH 03773

Facebook: www.facebook.com/Newportfitness

Phone: (603) 863-6200

If you know of a fitness resource that is NOT listed here that you would like to share with other employees, please email your suggestions to:

livewellworkwell@hitchcock.org

or call 603-650-5900.

Live Actively!