



You Can Have It All at Hampshire Hills Athletic Club

Driving Range
Climbing Wall
Indoor/Outdoor Pools
Indoor/Outdoor Tennis
Indoor/Outdoor Basketball
Steam Rooms/Saunas
Pickleball
The Cafe at Hampshire Hills

Indoor Cycling
2 Indoor Tracks
Group Fitness Classes
Indoor/Outdoor Volleyball
Gymnasium
Fitness Center
Elliot Physical Therapy
The Hills Restaurant

Full Service Salon
Massage
Child Care
Playgrounds
Hot Tub
Member Events
Personal Training
Camp Ponemah

Learn More About Us

Visit Our Website | hampshirehills.com

Email | membership@hampshirehills.com

Give Us A Call | 603.673.7123

Take A Tour | 50 Emerson Rd, Milford, NH 03055

Live Happily Ever Active



Membership Information



Milford, New Hampshire

Hampshire Hills Athletic Club

FACILITY

- 217,000 sq feet of indoor space
- Indoor and outdoor swimming pools
- Indoor and outdoor tennis courts
- Indoor and outdoor dining
- Fully equipped fitness center
- Racquetball, pickleball, basketball and climbing wall
- Three playgrounds, sand volleyball, outdoor basketball court
- Free access to the Hampshire Dome (indoor sports facility) for walking track, turf playing fields



FITNESS

- More than 100 group fitness classes per week, all included in the membership
- Classes starting as early as 5:30am and as late as 6:30pm
- Four group fitness studios
- Fitness center staffed with Fitness professionals during hours of operation
- Personal training sessions and packages available



TENNIS

- Free court time with convenient online booking
- Five indoor courts and six outdoor clay courts allow plenty of opportunity to play
- A variety of junior and adult tennis programs for all levels
- USTA League teams from levels 3.0 - 4.5 offered
- Tournaments and socials for all levels of play



KIDS & FAMILIES

- After-school program offered and vacation camps
- Nursery available for child care needs
- Free member events including: Family Bingo, Pool parties, Summer BBQs, ice cream socials, inflatable fun and more!
- Summer camp options with member pricing

New Hampshire's Premiere Athletic Club

- **ALL INCLUSIVE**
Your Membership Includes Tennis, Racquetball, Pools, Fitness Gym, Studio & Pool Group Classes, Indoor Track
- **UNLIMITED GROUP FITNESS CLASSES**
With More Than 100 Weekly Classes On Land And In The Water You're Sure To Find Activities You'll Love
- **FLEXIBLE HOURS OF OPERATION**
Hampshire Hills Is Here For You 7 Days A Week, 364 Days A Year
We Open As Early As 5:00am and Close As Late As 10:00pm
- **SPA AMENITIES**
The Salon at Hampshire Hills Offers Massage, Skin Care, Hair Styling, Manicures, Pedicures, And More
- **EXCEPTIONAL DINING**
The Cafe at Hampshire Hills offers healthy options from sandwiches and wraps to salads and smoothies!
The Hills Restaurant Serves Up Delicious Apps, Salads, Sandwiches, & Entrees Tuesday-Saturday at 4:00pm With Seasonal Outdoor Dining

Hampshire Hills Membership Options

Annual Membership

Offers The Best Rate

Individual, Individual With Children, Dual, Family, Student, Senior Rates Vary - One Year Commitment

Summer Membership

All Inclusive Membership Available May-September
No Corporate Membership discounts offered

Monthly Membership

Month To Month Membership - No Annual Commitment
No Corporate Membership discounts offered