



NORTH HAVEN
Health & Racquet
A FAMILY SPORTS AND FITNESS CENTER

JANUARY NEWSLETTER

NHHR WISHES YOU A HAPPY NEW YEAR!



NHHR TENNIS

JUNIOR PROGRAM

Winter Session starts January 7th – Reserve your spot!

See brochure for programs & times. We offer a variety of junior programs for every level! Email megin@nhhr.com

INSTANT TENNIS

Call or email Megin for current session times!

Instant tennis is back and better than ever. *Beginners only!* Bring a friend and learn how to play tennis in a fun setting. 6-week session. Email megin@nhhr.com

CARDIO TENNIS

Saturdays at 9:30am

Calling all fitness members! We supply the racquets! Just bring your sneakers and the desire to learn tennis in a highly energetic, fun, and supportive environment! Email megin@nhhr.com

TENNIS LEAGUES

Mon-Thurs 8:30-10:45pm

Friday Night Party 7:00-10:45pm

Sundays 3:30-5:45pm

We have plenty of days to choose from. Ask for Christine!

ADULT TENNIS CLINICS

Point Play, Murder, Clinics, Cardio, & Ladder

We offer adult clinics for every level of play - Ask for Megin to join!

LOOK FORWARD TO THESE!

PAINLESS FLEXIBILITY PROGRAM – 6 WEEKS

Begins January 16th

Level 1: Fridays at 7:00pm or Tuesdays at 11:15am

Level 3: Wednesdays at 7:15pm

MEMBER APPRECIATION DAY – Date TBA

SMALL GROUP TRAINING NEW SESSION – Date TBA

BIGGEST WINNER CONTEST WITH BRITANY – Date TBA

Contact Us:

203.239.5665 | www.NHHR.com | trudi@nhhr.com

Social Media:

Instagram: [@northhavenhealthandracquet](https://www.instagram.com/northhavenhealthandracquet) | Facebook: [@nhhandr](https://www.facebook.com/nhhandr)

HOURS OF OPERATION

Monday-Thursday: 5:00am-11:00pm

Friday: 5:00am-9:00pm

Saturday & Sunday: 7:00am-6:00pm

NHHR PICKLEBALL

MEET OUR NEW PICKLEBALL PRO TOBY!



Toby is a PPR Certified Instructor, USAPA Ambassador and Sponsored Dealer for Paddletek. The highlight of her tournament play is the gold medal in women's doubles at the 2018 US Open in Naples, FL this past April!

PICKLEBALL OPEN PLAY – ALL LEVELS

Monday: 10:00am -12:00pm \$8 toby@nhhr.com

Thursday: 10:00am-12:00pm \$8 toby@nhhr.com

PICKLEBALL OPEN PLAY – INT-ADV

Tuesday: 6:00-8:00pm \$10

4 intermediate courts: trudi@nhhr.com

4 advanced courts: toby@nhhr.com

****Advanced Players must be evaluated**

RENT A PICKLEBALL COURT

Grab your own pickleball group and come play at a time that works for you!

WHAT'S NEW?

ZUMBINI 10 WEEK CLASS SESSION

Begins January 12th

Zumbini is an early childhood development program for children ages 0-4 years and their caregiver(s). Enter code NHHR19 at checkout for \$10 off! **Reserve your spot online at:** <https://www.zumbini.com/classes/5250>

BRITANY'S BOOTCAMP CLASS

Saturdays at 8:00am

High intensity/weighted circuit workout.

MESSAGE THERAPIST AT NHHR

Matthew is here at NHHR Thursdays & Fridays. Call or Text Matthew at 203.631.2961

FOR SALE AT THE FRONT DESK

T-Shirts: \$9-10 | Sweatshirts: \$33 | Towels \$5+tax