

# STAY HEALTHY & GET FIT WITH US!

 **Elliot Health System**

*Welliot at River's Edge*

185 Queen City Ave, Level One  
Manchester, NH 03101  
603.663.4200

[FitnessServices@Elliot-HS.org](mailto:FitnessServices@Elliot-HS.org)

**Membership:** \$35/month by automatic payment or \$105/quarterly.

**Hours:** Mon-Thurs, 6:30 a.m. – 6 p.m.  
Friday, 6:30 a.m. – 4 p.m.

\*Hours subject to change at any time. Please contact a Fitness Center for the most up-to-date information.

**Staff:** Basic Life Support certified Fitness Specialists during all open hours.

**FREE Class:** Free 30-min Strength, Balance and Stretch class. \*\*Limit of 8 participants for class. Pre-registration required.

\*\*Additional Personal Training & Class Memberships available for a separate fee. No gym membership required.\*\*

**Looking for a CPR Course?** We offer a variety of blended learning opportunities. Please contact us to learn more.



 **Elliot Health System**

*Senior Health Center*

138 Webster St  
Manchester, NH 03104  
603.663.7016

[FitnessServices@Elliot-HS.org](mailto:FitnessServices@Elliot-HS.org)

**Personal Training & Group Exercise Classes**  
Please contact the Fitness Center for more information!

## COVID-19 Update:

We are open and offering many of our Fitness Programs while following Hospital guidelines. Please give us a call and schedule a tour if you would like to learn more about our facilities and programs.

Your health and safety come first!

**Before beginning your exercise program, we require a signed physician clearance.**

Our staff will be happy to assist you with this. This will help us provide a safe and comfortable start to your program.