

# UNIVERSITY SYSTEM OF NEW HAMPSHIRE FITNESS REIMBURSEMENT PROGRAM FITNESS FACILITY DIRECTORY

JULY 2017

The following is a listing of Fitness Facilities that are currently participating in the Fitness Reimbursement Program. The University System of New Hampshire (USNH) provides a Fitness Reimbursement benefit up to \$500.00 to employees who are participants in the USNH medical plan administered by Cigna provided that program requirements are met.

## NEW HAMPSHIRE

### ALTON

#### Core Dynamix

8 Village Center  
Alton, NH 03809  
Ph: 603-875-6780

### ASHLAND

#### Adam's Body Shop

39 Winter Street  
Ashland, NH 03217  
Ph: 603-375-4003

#### Lisa's Personal Training

58 Main Street  
Ashland, NH 03217  
Ph: 603-651-9766

#### NH Adventure BootCamp

39 Winter Street  
Ashland, NH 03217  
Ph: 603.455.7058

### BEDFORD

#### Crossfit Amoskeag

21 Commerce Park North  
Bedford, NH 03110  
Ph: 603-321-4159

#### Elite Personal Training and Fitness

384 Route #101  
Bedford, NH 03110  
Ph: 603-471-0724

### BEDFORD

#### Integrity Health Coaching For Women

25 South River Road  
Unit 111  
Bedford, NH 03110  
Ph: 603-668-1001

### BELMONT

#### Planet Fitness -Belmont

96 Daniel Webster Highway  
Belmont, NH 03220  
Ph: 603-524-9200

### CAMPTON

#### BVD Fitness/Boneheads Gym LLC

1303 Route 175  
Campton, NH 03223  
Ph: 603-726-3306

#### Workout 24/7 Fitness Center, LLC

239 Riverside Drive  
Campton, NH 03223  
Ph: 603-726-6764

### CONCORD

#### Concord Family YMCA

15 North Main Street  
Concord, NH 03301  
Ph: 603-228-9622

### CONCORD

#### Concord Jazz, LLC

Knights of Columbus Hall  
52 Bradley Street  
Concord, NH 03301  
Ph: 603-496-0537

#### Evo Rock & Fitness

10 Langdon Avenue  
Concord, NH 03301  
Ph: 603-715-9171

#### Fun Intelligent Training, LLC

30 Henniker Street  
Concord, NH 03301  
Ph: 603-715-5019

#### Get Fit NH

287 South Main Street  
Concord, NH 03301  
Ph: 603-344-2651

#### Health Club of Concord

10 Garvin Falls Road  
Concord, NH 03301  
Ph: 603-224-7787

#### Planet Fitness – Concord

89 Fort Eddy Road  
Concord, NH 03301  
Ph: 603-228-8680



NEW HAMPSHIRE

**CONCORD**

**Title Boxing Club**  
80 Storrs Street  
Concord, NH 03301  
Ph: 603-219-0351

**CONTOOCCOOK**

**Storms Fitness**  
442 Pine Street  
Contoocook, NH 03229  
Ph: 603-746-4572

**DERRY**

**Planet Fitness - Derry**  
55 Crystal Avenue  
Derry, NH 03038  
Ph: 603-421-2990

**DOVER**

**Ever Proven Training and Crossfit, LLC**  
50 Crosby Road  
Dover, NH 03820  
Ph: 603-740-0822

**EvoFit**

89 Industrial Park  
Dover, NH 03820  
Ph: 603-866-9163

**Iron Empire**

47 Chestnut Street  
Dover, NH 03820  
Ph: 603-833-5413

**Nerdy Girl Fitness**

453 Central Avenue  
Suite#104  
Dover, NH 03820  
Ph: 603-834-9952

**Planet Fitness – Dover**

898 Central Ave  
Dover, NH 03820  
Ph: 603-743-4653

**Southside Fitness**

275 Locust Street  
Dover, NH 03820  
Ph: 603-343-2137

**DOVER**

**Vanguard Key Club**  
51 Washington St  
Dover, NH 03820  
Ph: 603-743-3332

**DURHAM**

**Cardiac Rehab & Prevention Program**  
124 Main Street  
NH Hall 108C  
Durham, NH 03824  
Ph: 603-862-0597

**Moebius Yoga at The Prana Studio**

13 Sunnyside Dr  
Durham, NH 03824  
Ph: 603-868-6753

**UNH Hamel Recreation Center**

5 Edgewood Road  
Durham, NH 03824  
Ph: 603-862-2031

**Wildcat Fitness**

7 Mill Road Plaza  
Durham, NH 03824  
Ph: 603-397-3200

**EAST HAMPSTEAD**

**Hampstead Health & Fitness, Inc.**  
45 Danville Road  
E. Hampstead, NH 03826  
Ph: 603-382-9291

**EPPING**

**Limitless Fitness**  
285 Calef Highway Unit 9  
Epping, NH 03042  
Ph: 603-734-2190

**The Zoo Health Club**

4 Beehive Drive  
Epping, NH 03042  
Ph: 603-734-5511

**EPSOM**

**Get Fit NH**  
167 New Orchard Road  
Epsom, NH 03234  
Ph: 603-344-2651

**EXETER**

**Exeter Area YMCA**  
56 Linden Street  
Exeter, NH 03833  
Ph: 603-642-3361

**Solutions – A Personalized Approach to Fitness, LLC**

3 Holland Way, #4  
Exeter, NH 03833  
Ph: 603-772-6301

**Thrive for Women**

75 Portsmouth Avenue  
Exeter, NH 03833  
Ph: 603-772-3881

**GOFFSTOWN**

**Fitlab Fitness Club**  
64 Daniel Plummer Road  
Goffstown, NH 03045  
Ph: 603-623-2099

**YMCA Allard Center of Goffstown**

116 Goffstown Back Road  
Goffstown NH 03045  
Ph: 603-497-4663

**HENNIKER**

**Henniker Fitness Center**  
41 Liberty Hill Road, Unit #4  
Henniker, NH 03242  
Ph: 603-428-7131

**HUDSON**

**Fitlab Fitness Club**  
142 Lowell Rd  
Hudson, NH 03051  
Ph: 603-880-4646



NEW HAMPSHIRE

**KEENE**

**Downtown Fitness for Women**

20 Commercial Street  
Keene, NH 03431  
Ph: 603-355-3588

**Keene Family YMCA**

200 Summit Road  
Keene, NH 03431  
Ph: 603-352-6002

**Keene State College Recreation Center**

229 Main Street  
Keene, NH 03435-2301  
Ph: 603-358-2826

**Keene Yoga Center**

80 Roxbury Street  
Suite #108  
Keene, NH 03431  
Ph: 603-354-3159

**LEBANON**

**Anytime Fitness**

66 Benning Street, Suite 2  
Lebanon, NH 03784  
Ph: 603-298-6770

**LEE**

**Planet Fitness – Lee**

54 Calef Highway  
Lee, NH 03861  
Ph: 603-868-1930

**LONDONDERRY**

**Curves**

4 Orchard View Drive, F-105  
Londonderry, NH 03053  
Ph: 603-965-1088

**Integrity Health Coaching For Women**

44 Nashua Road, Unit 18  
Londonderry, NH 03053  
Ph: 603-421-2811

**LONDONDERRY**

**YMCA of Greater Londonderry**

206 Rockingham Rd  
Londonderry, NH 03053  
Ph: 603-437-9622

**MANCHESTER**

**Envy Sports Club & Café**

298 Queen City Avenue  
Manchester, NH 03102  
Ph: 603-703-5303

**Executive Health & Sports Center**

1 Highlander Way  
Manchester, NH 03103  
Ph: 603-668-4753

**Fitlab Fitness Club**

89 Dow Street  
Manchester, NH 03101  
Ph: 603-641-6500

**Planet Fitness - Manchester**

736 Huse Road  
Manchester, NH 03103  
Ph: 603-621-9919

**Planet Fitness – Manchester West**

99 Eddy Road,  
Manchester, NH 03103  
Ph: 603-627-5566

**YMCA Downtown of Manchester**

30 Mechanic Street  
Manchester, NH 03275  
Ph: 603-623-3558

**MEREDITH**

**The Fitness Edge, Inc.**

169 Daniel Webster Highway  
Suite 18C  
Meredith, NH 03253  
Ph: 603-279-0411

**MERRIMACK**

**Fitlab Fitness Club**

515 Daniel Webster Highway  
Merrimack, NH 03054  
Ph: 603-429-4653

**MILFORD**

**Fitlab Fitness Club**

191 Elm Street  
Milford, NH 03055  
Ph: 603-673-0800

**Hampshire Hills Athletic Club**

50 Emerson Road  
Milford, NH 03055  
Ph: 603-673-7123

**NASHUA**

**Fitlab Fitness Club**

522 Amherst Street  
Nashua, NH 03063  
Ph: 603-882-0050

**Focus on Fitness, Inc.**

2 Somerset Parkway  
Nashua, NH 03063  
Ph: 603-595-4160

**NEW LONDON**

**Hogan Sports Center**

541 Main Street  
New London, NH 03257  
Ph: 603-526-3600

**NEWINGTON**

**Great Bay Cross Fit**

32 Nimble Hill Road  
Newington, NH 03801  
Ph: 603-319-8429

**On-Site Family Martial Arts Center**

117-1 Gosling Road  
Newington, NH 03801  
Ph: 603-433-3179



NEW HAMPSHIRE

**NEWMARKET**

**Seacoast Sports Clubs –  
Great Bay**

191 Exeter Road  
Newmarket, NH 03857  
Ph: 603-659-3151

**NEWPORT**

**Newport Fitness and Spa**

25 Main Street  
Newport, NH 03773  
Ph: 603-863-6200

**NORTH CONWAY**

**Cranmore Fitness Center**

1 Skimobile Road  
North Conway, NH 03860  
Ph: 603-356-5544

**NORTH HAMPTON**

**Vanguard Key Club**

7 Lafayette Road  
North Hampton, NH 03862  
Ph: 603-964-7002

**NORTHWOOD**

**Anytime Fitness**

262 1<sup>st</sup> NH Turnpike  
Northwood, NH 03261  
Ph: 603-942-6027

**Peace Tree Yoga**

23 Mountain Ave, Unit E  
Northwood, NH 03261  
Ph: 603-686-6944

**PETERBOROUGH**

**Bond Wellness Center at  
Monadnock Community  
Hospital**

458 Old Street Road  
Peterborough, NH 03458  
Ph: 603-924-4650

**PLYMOUTH**

**Pemi Baker Community  
Health**

101 Boulder Point Drive  
Suite 3  
Plymouth, NH 03264  
Ph: 603-536-2232

**RehabFit**

103 Boulder Point Drive  
Plymouth, NH 03264  
Ph: 603-238-2225

**The Ninth State Movement  
Complex**

31-2 Route 25W  
Plymouth, NH 03264  
Ph: 603-536-8902

**PORTSMOUTH**

**Mission Portsmouth**

125 Brewery Lane  
Portsmouth, NH 03801  
Ph: 603-427-9795

**Planet Fitness - Portsmouth**

725 Lafayette Road  
Portsmouth NH 03801  
Ph: 603-436-5797

**Seacoast Sports Clubs –  
Greenleaf**

8 Greenleaf Woods Drive  
Portsmouth, NH 03801  
Ph: 603-436-6664

**Seacoast Sports Clubs –  
West End**

95 Brewery Lane  
Portsmouth, NH 03801  
Ph: 603-431-1430

**Vanguard Key Club**

1 Raynes Avenue  
Portsmouth, NH 03801  
Ph: 603-436-8828

**PORTSMOUTH**

**YMCA of the Seacoast**

550 Peverly Hill Road  
Portsmouth, NH 03801  
Ph: 603-431-2334

**RAYMOND**

**Planet Fitness - Raymond**

15 Freetown Road  
Raymond, NH 03077  
Ph: 603-895-6981

**ROCHESTER**

**Gratitude Yoga & Wellness,  
LLC**

199 Wakefield Street  
Rochester, NH 03867  
Ph: 603-833-0495

**Planet Fitness - Rochester**

306 North Main Street  
Rochester, NH 03867  
Ph: 603-335-8600

**YMCA of Strafford County**

35 Industrial Way  
Rochester, NH 03867  
Ph: 603-332-7334

**SALEM**

**Salem Athletic Club**

16 Manor Parkway  
Salem, NH 03079  
Ph: 603-893-8612

**SOMERSWORTH**

**The Works Family Health  
and Fitness Center**

23 Works Way  
Somersworth, NH 03878  
Ph: 603-742-2163

**STRATHAM**

**Planet Fitness - Stratham**

20 Portsmouth Avenue  
Stratham, NH 03885  
Ph: 603-772-4777



## Fitness Facility Directory

### NEW HAMPSHIRE

#### WOODSVILLE

**Always Fit Athletic Club, LLC**  
181 Central Street  
Woodsville, NH 03785  
Ph:603-747-8006

### MAINE

#### BATH

**Bath Area Family YMCA**  
303 Centre Street  
Bath, ME 04530  
Ph: 207-443-4112

#### KITTERY

**Coastal Fitness Inc.**  
75 US Route One Bypass  
Kittery, ME 03904  
Ph: 207-438-0888

#### PORTLAND

**YMCA of Southern Maine**  
70 Forest Avenue  
Portland, ME 04101  
Ph: 207-874-1111

#### YORK

**Vanguard Key Club**  
647 US Route One  
York, ME 03909  
Ph:207-363-0600

### MASSACHUSETTS

#### AMHERST

**Hampshire Athletic Club**  
90 Gatehouse Road  
Amherst, MA 01002  
Ph: 413-256-6446

#### HAVERHILL

**Cedardale Health & Fitness**  
931 Boston Road  
Haverhill, MA 01835  
Ph: 978-373-1596

#### NEWBURYPORT

**Vanguard Key Club**  
90 Pleasant Street  
Newburyport, MA 01950  
Ph:978-462-4633

#### YWCA Greater Newburyport

13 Market Street  
Newburyport, MA 01950  
Ph: 978-465-9922

### VERMONT

#### BRATTLEBORO

**Curves of Brattleboro**  
725 Putney Road  
Brattleboro, VT 05301  
Ph: 802-257-3500

#### Outer Limits Health Club

76 Cotton Mill Hill  
Brattleboro, VT 05302  
Ph: 802-257-2348

#### Supreme Fitness, Inc.

1589 Putney Road  
Brattleboro, VT 05304  
Ph: 802-257-4944

Fitness Facility Directory is current as of July 1, 2017

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