

FITNESS AT-A-GLANCE

Membership Benefits

Access to all three fitness centers,
New London, Groton, Kings Highway.
Open 24/7, 365*
FREE personal training.
Free & unlimited fitness classes.
Access to lockers & showers.
Commercial grade cardio equipment.
Joining a community.

Membership Fees

Initial Enrollement Fee: \$30

*This fee non-refundable

Payroll Deduction

Hourly - \$3.00 per pay period

Salary \$6.00 per pay period

SupShip & Non-EB Employees

\$39 per quarter

*Paid by check or money order

Classes

Class schedules vary and new schedules are released for Winter, Spring, Summer, and Fall. Classes are offered at each fitness center location and are open to members of all fitness levels.

Fitness Staff

Katie Perkins is a NASM Certified Personal Trainer and studied Exercise Science at Three Rivers Community College. Katie also holds certifications in Fitness Nutrition and Behavioral Change, also obtained by NASM.

Brian Roberson is a NASM Certified Personal Trainer. Brian has worked as both a private and group fitness trainer, fitness center manager at local college, and corrective exercise specialist and chiropractic assistant.

Lexie Foster is NASM Certified Personal Trainer with a Bachelor's Degree in Exercise Science, and currently working towards her Masters in Rehab Science. Lexie has been an Assistant Strength and Conditioning Coach at Babson College, a Personal Trainer at The Edge Fitness Club, and also has experience interning at multiple physical therapy practices.



EBFitness@gdeb.com

Groton/Kings Highway: 860-433-1515

New London: 860-867-1266