



look good. feel good.
get the body you want.

Start taking the steps you need to change your body and your life. Don't waste another minute with a program that will not give you results.

Training Effects is dedicated to improving our clients' quality of life through education, exercise and nutrition. Let our trained, certified professionals tailor a program that will fit the body and life that you want to have.

Convenient Location and Hours

Our new facility is located just off Rt. 102 in Londonderry, NH next to Dunkin' Donuts™.

Training Effects
3 Mohawk Drive
Londonderry, NH 03053

(603) 434-9281 tel
<http://www.trainingeffectsnh.com>

Monday - Friday: 5:00am - 8:00pm
Saturday: 7:30am - 11:30am
Sundays and evenings by appointment.



3 Mohawk Drive Londonderry, NH 03053
(603) 434-9281 tel www.trainingeffectsnh.com web



Training Effects

fitness
dedicated to the quality of your life





you set the goal, we provide **the solution**

You want to change your body. You want to feel healthy and look your best. You want more than what you get at the gym. We know what you want, and we will help you achieve that goal.

Training Effects is more than a gym, we are a private fitness facility that focuses on the needs of individual clients. We take the time to evaluate your overall health and help **you** decide where **you** want to be. Then, step by step, we will get you there. You **will** see results, we'll make sure of that.



state-of-the-art **facility & equipment**

- LifeFitness Treadmills & Elliptical Cross-Trainers
- LifeFitness LifeCycle Stationary Bikes
- Hammer Strength Iso-Lateral Weights
- Free Weights
- Cybex & LifeFitness Weight Machines
- Convenient location off Rt. 102, Londonderry, NH
- Private showers and changing rooms
- Full-time, accredited and licensed staff

our clients

"Each and every workout is challenging and different, but never intimidating. I have lost 64lbs. in 8 months and I feel GREAT."

- Derek
Business Owner

"I began working out with Training Effects in high school which made the jump to college much easier... I was one of the strongest and fastest kids at my position as a freshman."

- Rob Kane
All-American, NFL Free Agent



all ages. all fitness levels. all abilities.

we have a program for you.

Fitness is important at every stage of life. At Training Effects, we understand that each person has their own unique needs and we will custom a program to reach your goals.

Corporate Wellness

Assessment, education, communication and support. Using these key criteria, we create custom programs for businesses of all sizes to encourage fitness and promote overall good health among employees.

Boot Camp

Cardio fitness, muscular endurance, flexibility and balance. Our Boot Camps are meant to challenge you no matter what your fitness level. Target problem areas and core muscle groups to help improve your fitness level. Open to members and visitors.

Nutrition & Weight Loss

Breathe, move, shape, sculpt. You can create the body you want with the right direction. We will help you with your goals by providing private or group counseling in the two areas that will make the most difference — what you eat and how you exercise.

Personalized Fitness Regime

Men, women, seniors, sports-specific training. Both men and women have specific needs to address. Whether you want to improve your golf game, are transitioning through menopause or want to lose post-baby weight we can help you feel healthy again. We provide both private and group programs for cardio and strength training.

Young Athletes

Champions are made in the off-season. We offer sports-specific training programs to teach the fundamental skills a young athlete needs to maintain and improve their ability.

Kid's Wellness (ages 6 – 14)

Flexibility, agility, strength, endurance and nutrition. Improve your child's confidence and fitness level in a fun yet challenging atmosphere.