



Elevating Wellness in 2024: Unveiling the Innovative Modalities and Vision at Airfield Place Fitness Center

As we embark on the journey of 2024, the commitment to holistic health and wellness takes center stage. At Granite State Senior Games Inc., we are dedicated to embracing cutting-edge advancements in well-being, and today, we shed light on the transformative modalities redefining health and recovery at the prestigious Airfield Place Fitness Center.

Airfield Place: A Hub for Comprehensive Fitness and Recovery

Welcoming you to Airfield Place, the Seacoast's Premier Community for Fitness, Recovery, Health, and Longevity. This exclusive fitness center transcends conventional boundaries, offering a diverse range of amenities under one roof. From the Flight House Gym and New England Pickleball Club to Rye Physical Therapy, Engrain Market, Hanger Co-working Space, Rinse Recovery, Seacoast Climb, and unique communal spaces, Airfield Place is a beacon of holistic well-being.

Insights from Jay Jacobs (Creator) and Burke Bero (Manager)

Why Airfield Place was Created:

Jay Jacobs, the visionary creator, shared his motivation for establishing Airfield Place. Approaching the age of 60 and a dedicated participant in NHSG track and field events, Jay was tired of the constant commute to various fitness activities. To remedy this, he created a fitness and wellness facility that houses everything one needs under one roof, minimizing travel and fostering a sense of community.

Overview of Key Features:

From the Flight House Gym's innovative approach to group training, the world-class New England Pickleball Club, and the holistic recovery offerings at Rinse Recovery, each aspect is meticulously designed to cater to diverse health needs.

Rinse Recovery Modalities:

Rinse Recovery, a space dedicated to aiding recovery, boasts cold plunges, ice baths, red light therapy, and a BEMER PEMF mat. These modalities work synergistically to ensure individuals not only train effectively but recover optimally. This inclusive approach allows older adults to actively participate in sports and maintain their well-being.

Seacoast Climb and Community Building:

Looking ahead, Airfield Place plans to introduce Seacoast Climb, an indoor rock climbing gym, in February 2024. Additionally, common areas designed for socializing before or after activities and Seacoast Longevity events featuring health and wellness speakers aim to further build a sense of community.

Unique Features of Airfield Place:

Co-working Spaces (Hanger):

One distinctive feature of Airfield Place is the Hanger Co-working Space. Overlooking the gym, this shared office space provides members with a platform to seamlessly integrate professional work and exercise. Members can access desk spaces on a monthly membership basis, creating a conducive environment for remote working.

Engrain Market:

Airfield Place recognizes the importance of nutrition in overall wellness. Engrain Market offers smoothies, coffee, sandwiches, and light meal prep, ensuring that members have access to healthy eating options. The market caters to the needs of those who may have previously struggled with poor eating habits due to a lack of access to nutritious food.

Community Areas for Socializing and Events:

Airfield Place's vision includes 1,500 square feet of communal areas where members can socialize before or after their activities. These areas are designed to foster a sense of community, providing spaces for individuals to connect and support each other on their wellness journeys. Seacoast Longevity events, featuring speakers on fitness and wellness, further contribute to building a community of health.

Inclusivity, Safety, and Future Endeavors

Airfield Place fosters inclusivity through group classes and communal recovery sessions. Safety is prioritized through individualized recovery tools and the presence of qualified staff in each business. Future plans include potential combined memberships and leasing space to businesses aligned with the latest advancements.

Join the Airfield Place Community

As Granite State Senior Games Inc. continues to explore integrative wellness approaches in 2024, we encourage you to consider the transformative possibilities offered by Airfield Place. Whether you're a seasoned athlete or someone looking for a holistic approach to well-being, Airfield Place stands as a model for comprehensive fitness, recovery, and community building.

About the New Hampshire Senior Games

The mission of the Granite State Senior Games, Inc. (GSSG) is to promote, organize and effectively develop physical challenges, as they relate to the New Hampshire senior athlete and the 50+ population of the state of New Hampshire, undertake related activities benefiting the well-being of adults as appropriate and focusing on the development of active and healthy lifestyles. Our mission is accomplished by encouraging fitness and by providing athletic competition in a variety of sports, clinics and creative pursuits.

Founded in 1987, Granite State Senior Games, Inc. is a not-for-profit 501(c)(3) and New Hampshire Registered Public Charity all volunteer sports and fitness organization governed by a Board of Directors. The Granite State Senior Games' (GSSG's) sporting events are known as the New Hampshire Senior Games (NHSG). We are New Hampshire's premier multi-sport event for the 50+ population. NHSG is the only New Hampshire organization in the state to be sanctioned by the National Senior Games Association (NSGA) to qualify senior athletes for participation in the National Senior Games held every other year in odd-numbered years. To learn more, please visit www.nhseniorgames.org.



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