

Carabiner's 2.0 – New Bedford's Indoor Rock Climbing and Fitness Center



Ashley Whewell and Jamie Macedo climbing one of the short top-rope walls.



*by
Michael
Silvia*

Carabiner's indoor rock climbing facility was always on my list of things to check out, but I never found time to experience the joy of climbing until about 2 years ago. I've been addicted to climbing ever since.

I moved back to New Bedford about five years ago and drove by the 10,000 square foot facility often, but for some reason never ventured in. I finally decided to take the Belay Course and sign up for a membership in 2012 and have been addicted to

climbing ever since. I've always found the key to staying in shape is to find fun ways to exercise and you'll workout more often and for longer durations. Recently, Carabiner's had a major makeover extending their gym hours to accommodate those that like to workout in early mornings and also added popular fitness expert Jeff Costa to head up the fitness program that offers Yoga, Tai Chi, Pilates, Zumba and more.

The changes really make Carabiner's one of the most comprehensive fitness places in New England.



Here is what a Carabiner's membership offers:

Indoor Rock Climbing

The thing that makes Carabiner's unique is the indoor rock climbing part of the facility. The staff really does make an effort to offer climbs for all levels and abilities, and change their routes often so climbs don't get stagnant. Want to ease into climbing? Start off with bouldering, or short 10-foot climbs that are like solving a puzzle. Ready for tall climbs? Take the short belay class, harness up and climb some of the 65-foot walls! Unlimited climbing costs \$15 – \$49 a month depending if you are a student or take advantage of a family plan.



Weight and Nautilus Machines

Looking to do some strength training or improve your cardio? There are plenty of treadmills, elliptical machines, free weights and Nautilus machines. Carabiner's offer most of the standard equipment that you will find at your local gym. This area is open to all members at no extra charge.



Fitness and Martial Arts Classes

Now on to the MAJOR upgrade to Carabiner's! Fitness expert Jeff Costa and martial arts instructor Spencer O'Berry combine to offer as many as seven classes daily. Those who upgrade their membership get to take advantage of fitness and martial arts classes like Yoga, Tai Chi, Kung Fu, pole dancing, Pilates and more. The classes range from kids to adults and accommodate all levels of fitness. Unlimited fitness classes costs an additional \$20 per month to your climbing membership

or can be purchased separately as its own membership. Full fitness schedule can be found **here**.

Youth Programs



If you are looking for a fun way to keep your kids active, Carabiner's offers an After School Youth Club, teams and birthday parties. Youth up to 12th grade get unlimited climbing for \$15 per month! Full details on each program: <http://carabiners.com/youth/>.

Carabiner's even has a 26-foot portable outdoor wall that can be rented for events. Details: <http://carabiners.com/carabiners-portable-climbing-wall/>.

Becoming a Member



Caroline Louttit warming up before a lesson.

You can register for free at the gym or online here: <http://carabiners.com/online-registration/>. Once you register you'll want to either stop by to check out the place or call 508.984.0808 right away and schedule a belay certification course (<http://carabiners.com/first-visit/>). Cost ranges from \$50 – \$90 depending on how much training you need. If you want to ease into climbing you can always start with bouldering, or short 10-foot climbs without any required training. My suggestion is to get belay trained/certified and jump right into top roping!

Membership Cost

Basic Memberships

- Unlimited Fitness OR Climbing: \$49/month
- Unlimited Fitness AND Climbing: \$69/month

Student Membership (up to 12th grade)

- Unlimited Fitness OR Climbing: \$15/month
- Unlimited Fitness AND Climbing: \$45/month

College Membership – ID Required

- Unlimited Fitness OR Climbing: \$39/month
- Unlimited Fitness AND Climbing: \$59/month

Family Memberships (Two Adults) – Immediate family, same household

- Unlimited Fitness OR Climbing: \$69/month
- Unlimited Fitness AND Climbing: \$89/month
- **Family Membership includes 2 Student Memberships at no charge

Hours

- Monday-Thursday: 5am-10pm
- Friday: 5am-11pm

- Saturday: 8am-11pm
- Sunday: 8am-6pm

328 Parket Street, New Bedford, MA 02740
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Website: <http://carabiners.com/>

Facebook: <https://www.facebook.com/CarabinersNB>

Photos by Mark Zion of **Miss Z Photography**.

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