

# Around SouthField

## South Shore Fitness & Recreation

### *Fitness @ Rec*

#### **COHASSET**

Cohasset Harbor – Kayaking  
Cohasset Tennis & Squash Club

#### **DUXBURY**

Back Roads of the South Shore  
Duxbury Bay – Kayaking

#### **HINGHAM**

Hingham Tennis Club  
Lincoln Sailing Center  
Pilgrim Skating Arena  
Wompatuck Park – Mountain Biking

#### **HULL**

Weir River Watershed Association

#### **MARSHFIELD**

Green Harbor River – Canoeing  
South River – Paddling

#### **NORWELL**

King's Landing – Paddling

#### **QUINCY**

Marina Bay

#### **WEYMOUTH**

Back River – Kayaking  
Boston Sports Club  
Colonial Lanes  
Connell Memorial Ice Rink  
Curves  
Dimensions for Women  
Lotus Yoga Studio  
Open Door Power Yoga Studio  
Planet Fitness  
Weymouth Club  
Yoga Body & Mind

#### **DUXBURY**

Duxbury Beach

#### **HINGHAM**

Lincoln Sailing Center

#### **HULL**

Nantasket Beach

#### **MARSHFIELD**

Brant Rock Beach  
Green Harbor Beach  
Humarock Beach  
Rexhame Beach

#### **QUINCY**

Nickerson Beach  
Wollaston Beach

#### **SCITUATE**

Minot Beach  
Peggotty Beach  
Sand Hills Beach

#### **WEYMOUTH**

Wessagusset Beach

### *Golf Courses*

#### **ABINGTON**

Strawberry Valley Golf Course (public)

#### **COHASSET**

Cohasset Golf Club (private)

#### **DUXBURY**

Duxbury Yacht Club (private)  
North Hills Country Club (public)

#### **HINGHAM**

Black Rock Country Club (private)  
Boston Golf Club (private)  
South Shore Country Club (public)

#### **MARSHFIELD**

Marshfield Country Club (private)  
Green Harbor Country Club (public)

#### **N. QUINCY**

Presidents Golf Course (public)

#### **QUINCY**

Granite Links at Quarry Hills (public)

#### **ROCKLAND**

Harmon Golf Club (private)  
Rockland Golf Course (public)

#### **SCITUATE**

Scituate Country Club (private)  
Widow's Walk Golf Course (public)

### *Spas*

#### **COHASSET**

Adamo Day Spa  
Adrian Morris

#### **DUXBURY**

Earth Tones

#### **HANOVER**

Face Place  
Personal Best Limited Essentials

#### **HULL**

Body Work Massage

#### **NORWELL**

Black Tie Spa  
Skinsations

#### **QUINCY**

Bliss  
Embellish  
Massage Works  
Peace of Mind

#### **SCITUATE**

Spa Harbor  
Vnette Day Spa

#### **WEYMOUTH**

Charisma Day Spa  
Oasis Day Spa  
Sleek USA MedSpa



**SOUTHFIELD**