

Focus on **Fitness**

May 2026

Hours of Operation

Monday-Friday 6am-8pm; **Pool Closes at 7pm**

Saturday 8am-2pm; **Pool Closes at Noon**

Saturday May 23rd – Closed

Monday May 25th Memorial Day we will be closed.



Memorial Week Special

May 22nd thru May 30th

\$Free\$ Enrollment & June dues will be **\$Free\$**



Don't Forget Mom!!!

**GIVE MOM THE GIFT
OF HEALTH & RELAXATION!**

Mom would **LOVE** a gift card for a membership, massage or personal training!! When you buy a gift card on **May 4th through the 9th** you receive a **FREE one-week guest pass** to give to a friend or family members.

Next Steps Program

25% Discount if you start in May

Do you or someone you know have diabetes, heart or pulmonary issues, are you getting ready for surgery or has your doctor prescribed exercise to prevent a medical condition? Is there a child in your life that is facing health concerns? Then Next Steps could be the option to help you move in the right direction.

- Next Steps is a structured 8-week exercise program with assessments at the beginning and end of the program.
- Individualized exercise program
- Two 60-minute Personal Training sessions per week, with a fitness specialist.
- A summary report provided to you and your physician.
- Unlimited full access to the center and its amenities in addition to your two group sessions per week.
- Transition to full membership, including a waived enrollment.

Boot Camp Happy Hour

Friday the 15th 4:30PM

Stations of Challenging Workouts

60 Minutes of Fitness Fun!

Members: FREE Guest \$10

Fit 4 Toddlers

Thursday, May 14th 11:00-11:45

- Ages 18 months - 4 years
 - \$5 per child & guardian
 - A special program designed to enhance movement, coordination, creativity and social interaction.
- RSVP Preferred Stop by the Front Desk for details & sign up.**

INTRO TO TAI-CHI

Tuesday May 12, 9:30AM

Volunteer Certified Instructor: Nancy Williams
* Tai Chi is an ancient Chinese moving meditation that combines slow, flowing movements with deep breathing, and mindfulness to improve physical and mental health.

Monthly Diabetic Support Group

Last Thursday of each Month at 11AM: MAY 28th

Pam Francis, Diabetes Educator

Kelly Sions, HMH Nurse Educator

Open to any current diabetic, pre-diabetic or family member dealing with Diabetes. The support group is a proactive way to find support, help, tips and tools for diabetes management in a comfortable, encouraging environment. **Hope to see you there!**

Mindy Rice-Twist

MASSAGE THERAPIST!

Mindy lives in Flintstone, MD. She has worked in a spa and her only private practice. She will be available

for day & evening appointments! Mindy specializes in Deep Tissue & Reiki. ***Enjoy 10% off your first massage with Mindy! *Single sessions only. Package sessions do not apply.**





Kidz in Motion

Yay for May!

Come discover May flowers and other spring things while having fun in Kidz in Motion!!!

Sign your children up for all the adventures and activities.

Monday, Wednesday, Friday & Saturday 9-11 am

Monday-Friday 4-7 pm

Have lots of fun with Mrs. Jeanne, & Staff



Hampshire County Parks & Recreation

Walk To Be Fit Program Continues to October 31st

Don't forget to turn in your logs either here or at any FNB to be eligible for prizes! HCP&R will award prizes when you reach **milestones: 100, 250, 500 & 100 miles!**

Hygiene & Attire Expectations for All Members

To maintain a positive experience for everyone in our fitness center, we ask that all members follow these guidelines:

- Clean, appropriate clothing and closed-toed shoes are required **at all times**.
- Please maintain good personal hygiene before coming to work out.
- Strong smells—such as body odor, heavy perfumes/colognes, smoke, pet or other strong odors—can be disruptive or even trigger sensitivities for other members.
- If a hygiene concern arises, staff may respectfully bring it to your attention so it can be addressed promptly.

We appreciate your cooperation in keeping our gym a comfortable place for all

SCHOOLS IN THE POOL

May 4 Windy Ridge Elementary 12-2

May 5 Windy Ridge Elementary 12-

May 6 Windy Ridge Elementary 12-2

May 7 Windy Ridge Elementary 12-2

May 8 Windy Ridge Elementary 12-2

May 13 Windy Ridge Elementary 12-2

May 19 Romney Middle School 9-11 & 12-2



Pool News

Swim Lessons

We are scheduling Private 1-on-1 or Buddy swim lessons for members & non-members.

30-minute single session or packages of 1, 3, 5 or 10 sessions are available.

Stop by the Front Desk for details, schedule your lessons now.

Private Pool Rental

Come **PARTY** with Us!

Pool Rental Options

Friday 7pm – 2 hours Pool Only

Saturday 12pm - 2- or 3-hours Pool/Lobby options are now available!

Stop by the Front Desk for details, schedule your party now.

Bring the Kids in for our **FREE** Swim

Compliments of HMH Foundation

May 22nd 1 pm-7 pm

Must bring your own towel

Open to the public. School aged children & below.

Open Swim for all school age children. Cost **\$5** covers 1 parent and 1 child *pool use only*

Monday through Friday 1 pm-7 pm

Saturdays all day! 8 am-12 pm

***Pool Class 4:30 pm 5:30 pm Tuesday & Thursday**

Home-Schooled Students are welcomed to our pool on the **2nd Friday of each month** for a discounted rate of **\$2/per swimmer**. Members are **FREE**.



Dolphin Club

Swim Team for Kids of all Ages

with Jordan & Lilly

Members \$5 Non-member \$10

(Price per visit)

Whether they are looking to improve their skills and potentially join the school swim team, or they simple love to swim, the Dolphin Club is a recreational swim team for **kids of all ages!**

This program is an opportunity to refine strokes, increase speed & strength, gain self-confidence and a sense of accomplishment while enhancing team building and social skills. **Swimmers must be able to perform a stroke for a minimum of one lap.**



We have a [NEW FACEBOOK](#) page!!