

Focus on **Fitness**

January 2026

Hours of Operation

Monday-Friday 6am-8pm **Pool Closes at 7pm**
Saturday 8am-2pm **12/31/25 – Open 8AM-Noon**
1/1/2026 - CLOSED



New Member Special

Join for **ONLY \$25** in January!

(No enrollment fee & no other dues for January.)



Member **Only** Personal Training Special

Ready to make a change? Set some goals?

What: Schedule a reassessment with one of our fitness specialist to set goals.

When: Anytime during the month of January!

Why: Personal Training helps achieve goals.

Buy One Get One 50% off!



Martin Luther King Special January 19th ONLY

Receive an additional 10% off any package that is purchased TODAY!



We are now an approved
HOPE SCHOLARSHIP
Provider!

The program covers Child and Teen Memberships,
Swim Lessons and TNT Personal Training.



New Insurance Based Membership

We now participate with **PEAK**

HEALTH ADVANTAGE PLAN

Stop at the Front Desk for more information!



Fit 4 Toddlers

Thursday, January 8th – 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.

Participants are invited to the pool after the session.

RSVP Preferred

Stop by the Front Desk for details & sign up



Friday, January 16th

Fitness Dance Party

4:30 pm-5:30 pm

Members Free Non-members \$10

Let's Glow! Non-stop party music, glow paraphernalia and fun! Wear your best **Neon** attire to brighten up your class! Workout to routines to get your heart pumping.

Bring the Kids to Swim **FREE**

Friday January 30th 1:00 – 7:00PM

Open to the Public! School Aged Children & Below

Please bring your own towel!

Compliments of HMH Foundation

Monthly Diabetic Support Group

Thursday January 29th - 11AM

Pam Francis & Kelly Sions – Diabetic Educators

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!**

Monthly Meeting Last Thursday of each Month.



As of **01/01/2026**, there was a modest increase in monthly individual & couple membership dues.

Stop by the Front Desk for details.

Kidz in Motion

Snow, snow, snow let the north winds blow!

Come join in the fun and make a snowman with us.

Members will need to pre-sign up for a time slot for their children to attend.

Ms. Jeanne & staff look forward to seeing all of our littlest members in 2026!

Monday	9:00 to 11:00	4:00 to 7:00
Tuesday		4:00 to 7:00
Wednesday	9:00 to 11:00	4:00 to 7:00
Thursday		4:00 to 7:00
Friday	9:00 to 11:00	4:00 to 7:00
Saturday	9:00 to 11:00	



Inclement Weather Policy

When Hampshire County Schools are closed or on a 2-hour delay, because of **SEVERE WEATHER**, the Wellness Center will open at 8 am if possible. In all other cases we will open at 6 am.

- When Hampshire County Schools dismiss early due to **SEVERE WEATHER**, the Wellness Center may close at discretion of management.

When schools are not in session:

- Call us at **304-822-7255** and listen to the message for updated information.
- Check out our **Facebook** page for updates and information on opening / closings.

Hampshire Wellness & Fitness Center reserves the right to close at any time due to inclement weather. Classes will be held as instructor availability

We participate with these programs!



Do you have a Medicare Insurance Supplement? Or a Medicare Advantage Plan? Stop at the Front Desk to see if you are eligible for a **REDUCED COST** or **FREE Membership!**

Stop by the Front Desk for more information.



POOL NEWS!!!

Open Swim for all school age children!

Cost \$5 = 1 Swimmer & 1 Parent / Guardian

Monday through Friday 1pm-7 pm*

Saturdays all day! 8 am-12 pm

pool use only

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

Come Party with Us!

Celebrate a birthday or other special event with a private Pool Party here at Hampshire Wellness & Fitness! **Pool Rental Options**

Friday 7 pm – 2 hours Pool Only

Saturday 12 pm - 2- or 3-hours Pool/Lobby

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

Free Swim – January 30th

Come Swim with us for **FREE!**

Bring your own towel please.

Fridays 1-7PM. 6 months - School Aged Children

Compliments of the HMH Foundation



Hampshire High Swim Team will be practicing daily in our pool. Please schedule your visits accordingly. One lap lane will remain available for members & guests.

Monday, Wednesday & Friday 4:30 pm–5:30 pm
Tuesday 6:00 pm-7:00 pm

Home School Swim – January 9th

We welcome our home schoolers the 2nd Friday of every month between 12-2pm.

One lane is open for members use during all practices.

Help us Keep Costs Down



- Please limit towel usage to 1 towel.
- Use towels for the intended purpose only.
- Discard used towels in the blue hampers after use.

Follow us on Facebook or our website to stay up-to-date with all of our latest news and schedules!

www.hampshirewellfit.com

