

## Focus on **Fitness**

### February 2026

#### Hours of Operation

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

Saturday 8am-2pm



**We are OPEN!!!! February 16th & School is Out**

Join us for some inside fun! **1 PM-7 PM**

**Kids swim for a Free! One accompanying adult free!**

**Towels not provided! Please bring your own towel!**

*Compliments of the HMH Foundation*

### **FEBRUARY SWEET DEALS!!!**

**NEW MEMBERS JOIN FOR \$14**

**February 9<sup>th</sup> – 14<sup>th</sup>**

(Enrollment fee and remaining February dues are waived during **Valentine's Week Special ONLY**)

#### **Gift Card Special all Month!**

With every purchase of a Gift Card you receive your choice:

1.) **Free Week's Pass**

**Or**

2.) **Free 30-minute Personal Training**



#### **Souper Bowl Boot Camp**

**Friday, February 6<sup>th</sup> 4:30-5:30 PM**

Bring a food donation to participate.

**Food Collection Cart will be available all week!**

#### **Fit 4 Toddlers**

**Thursday, February 12<sup>th</sup> 11:00-11:45 AM**

**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

#### **Bike-A-Thon**

**Saturday February 21<sup>st</sup> 8-1PM**

In honor of Heart Disease month, we are challenging our members to a **Saturday Bike-A-Thon!**

Participants obtain pledged donations from family, friends, colleagues, or sponsors.

**Pledge any amount per mile completed during the event.**

A portion of the proceeds will be donated to the American Heart Association. **Pick up your pledge card at the Front Desk!**



#### **Does your family receive the WV HOPE SCHOLARSHIP?**

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



#### **Dolphin Club**

**Swim Team for Kids of all Ages**

*with Jordan & Lilly*

**Members \$ Non-member \$10 (per visit)**

Whether they are looking to improve their skills and potentially join the school swim team, or they simply 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, 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.**

Stop by the Front Desk for details & sign up

#### **Monthly Diabetic Support Group**

**Last Thursday of each Month at 11 AM**

**February 26, 2025**

*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!**



#### **Heart Healthy Pool Party**

**Friday February 27<sup>th</sup> 5:00 – 7:00 pm**

**Members Free – Guests \$5**

**Towels not provided! Please bring your own towel!**

Family friendly event to celebrate Heart Health!

**Games! Heart Photo Booth!**

# Kidz in Motion

Join us for a month of **Heart Healthy Celebrations!!**  
With Mrs. Jeanne and Staff.

**Valentine's Party; February 6<sup>th</sup> – 4PM-6PM**

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

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 current **SEVERE WEATHER**, the Wellness Center will open at 8am if possible. In all other cases we will open at 6am.
  - When Hampshire County Schools dismiss early or our census is low 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**

## Hampshire Wellness & Fitness Member Etiquette

- Clean each piece of equipment after use.
- Refrain from sitting on equipment talking, on the phone, watching TV.
- Please do not leave drinks, towels, etc. on equipment while using another piece of equipment to "reserve" it when doing multiple sets
- Refrain from using your phone for any reason other than a music source
- Please do not wear strong perfumes, colognes, etc.
- Please do not wear shoes that have dirt or mud in to the facility
- TVs are for your enjoyment. You may request to have a channel changed, however please make sure someone is not watching the TV you intend to change. Please be discreet with the volume.
- Place all dirty towels in the blue hampers throughout the building
- Please do not use bath towels to STAND on in the locker rooms. Bath towels are extremely expensive, bring locker room shoes.
- Please do not use the hair dryer to dry off other body parts or items than what it is intended for.

**Thank you for respecting our staff, members, guest and facility!**



## POOL NEWS!!!

**Open Swim** for all school age children  
Cost: \$5 & Parent is **FREE** \*pool use only\*  
Members are always **FREE**  
Monday through Friday 1pm-7pm\*  
Saturdays all day! 8 am-12 pm  
**\*Pool Class 4:30pm-5:30pm T & TH**

## Swim Lessons

Hampshire Wellness & Fitness offers swim lessons thru the Fall & Winter! The center offers personalized, one-on-one swim lessons with your own swim instructor, or split the cost with a friend who has the same instructional needs. Swimming lessons are open to both members and non-members.

## 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.**

**HWF** welcomes all **Home-schooled students** to our pool the **2<sup>nd</sup> Friday of each month 12-2** for a discounted rate of \$2/per swimmer. Members are **FREE**.

## Free Swim Monday February 16<sup>th</sup> 1-7 PM

Come Swim with us for 6 months - School Aged Children **FREE!**  
**Kids swim for a Free! One accompanying adult Free!**  
**Towels not provided! Please bring your own towel!**

*Compliments of the HMH Foundation*

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

[www.hampshirewellfit.com](http://www.hampshirewellfit.com)