

Focus on **Fitness**

MARCH 2024

Hours of Operation

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

Saturday 8am-12pm



FORMER MEMBERS ONLY!

NO ENROLLMENT FEE

“Former” members must be in our computer and do not owe any back balances.

*Responsible for prorated dues

ADD ON to YOUR PACKAGE!!

Purchase a Package of Massage, Personal Training, Swim Lessons, or Wellness Coaching & receive an additional 30 minute session **FREE!**

1 per member / no expiration

Reassessments = Results

It's time for a reassessment!

Check your progress & update goals = Results!

Knowing your numbers = Results!

Tanita screening = Results!

Do you know how many calories to eat?

Check you BMR (basic metabolic rate) = Results

Complete a **Reassessment** this month = 1 Guest Pass



MARCH 16th ONLY! **YOUR LUCKY DAY!!**

NEW MEMBER SPECIAL

Join TODAY for \$17!!

NO Guest Fees all day

25% Any Pro Shop Item (includes drinks)

LUCK OF THE IRISH

St. Patrick's Interval Class

Friday March 15th

4:30pm-6:00pm

Members Free; Non-members \$10

If your **lucky** enough to join us for this Interval workout, wear your **lucky green** attire and let's have some fun!

Aqua Egg Hunt



Friday, March 22, 2024 5PM-7:30PM

Members \$5; Nonmembers: \$10

(Price includes child & parent.)

Space is limited!

Payment MUST be made with reservation
Children of varying ages will have designated time slots to get in the pool and gather as many Easter eggs as they can. Prizes will be awarded!!

Time slots for ages

5:00pm-5:30pm: 5 years and under

(*Parent required to be in water with child)

6:00 pm-6:30 pm: 6-9 years

7:00 pm-7:30 pm: 10-13 years

***Please do not enter the pool until your time slot**

Fit 4 Toddlers

Thursday, March 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.

Kidz in Motion

Join us this month for **"March Madness"**.



Our kids will try their luck at foul shooting, dribbling and other basketball skills. They will participate in basketball crafts, drawings, puzzles and games while striving to make the **"Sweet Sixteen"**.

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	

Please always call prior to bringing in child.

****Girls on the Run continues thru April 13th.
Sessions every Tues. & Fri. 3:45PM-5:15PM**

Monthly Diabetic Support Group

Last Thursday of each Month at 11AM

March 28, 2024

Pam Francis, Diabetes 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!



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 M, T & TH**

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 on the **2nd Friday of each month at 1PM** for a discounted rate of \$2/per swimmer. Members are **FREE**.

Friday March 29th & School is Out!

Bring the Kids in for a Free Swim!

Get Spring Break started in our pool! **1 PM-7 PM**

****Compliments of the HMH Foundation**

Schools in the Pool



Please plan your swim time accordingly. Only one lane will be available to the members and you must enter from the opposite side. It will be **LOUD!**

March 11 12:00-2:00 Augusta Elementary
March 12 12:00-2:00 Augusta Elementary
March 13 12:00-2:00 Augusta Elementary
March 14 12:00-2:00 Augusta Elementary
March 15 12:00-2:00 Augusta Elementary
March 18 12:00-2:00 Augusta Elementary
March 19 12:00-2:00 Augusta Elementary
March 21 6:00-7:00 WVSD resident swim



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

www.hampshirewellfit.com

Coming in April



Saturday April 6th Triathlon

Thursday April 11th Fit 4 Toddlers

Thursday April 27th Diabetes Support