

Focus on **Fitness**

MARCH 2026

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, or Swim Lessons, & receive an additional 30 minute session **FREE!**

1 per member / no expiration

MARCH 17th ONLY!

YOUR LUCKY DAY!!

NEW MEMBER SPECIAL

Join **TODAY** for **\$17!!**

MEMBER SPECIAL

Purchase (1) 30-minute **Personal Training \$17**

NO Guest Fees all day

St. Patrick's Interval Class

Friday March 13th

4:30pm-5:30pm

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!

Monthly Diabetic Support Group

Last Thursday of each Month at 11:00

March 26, 2026

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!**

Fit 4 Toddlers

Thursday, March 12th 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 Stop by the Front Desk for details & sign up.

Aqua Egg Hunt

Friday, March 27th

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**



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

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**”.

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, to ensure that services can be provided.

March is National Nutrition Month



Looking to make a change and not follow the latest FAD? Not sure what to do! It's All About the Macros! The right balance of Carbs, Protein, Fat & Fiber Did you know we offer Wellness Coaching?

Carbs: Choose complex carbohydrates, vegetables, fruits, whole grains, and legumes. These types of carbs are filled with fiber to keep you feeling full and satisfied. Fiber is important for digestion, regulating blood sugar to minimize insulin spikes.

Proteins: Aim for lean proteins, fish, poultry and legumes. Protein promotes satiety, preserves lean muscle mass and stabilizes blood sugar to reduce insulin spikes.

Fats: Look for healthy fats, such as nuts and seeds, avocado, and olive oils. These fats will not only keep you full, but will also help you absorb nutrients.

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



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**

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 options
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 12- 2PM** for a discounted rate of \$2/per swimmer. **Members are FREE.**

POOL CLOSED for ANNUAL CLEANING
The pool will be closed for our annual cleaning from **March 16th – 22nd**. We plan to reopen the pool on **Monday, March 23rd**. Thank you for your patience and understanding.

Coming in April



Dare to TRI Indoor Triathlon

Saturday April 18 8:00 - Noon

Members: \$15 Guests: \$20

Course: 30 minutes Cycling
20 minutes Treadmill
10 minutes Swimming

Member usage of Treadmill will be limited.
Lap pool closed to members during competition



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

www.hampshirewellfit.com