

## Focus on **Fitness**

### April 2024

Hours of Operation

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

Saturday 8am-2pm **\*\* Pool Closes at NOON**



### Refer **A** Friend

Need a friend to join you in a workout and save \$\$\$ at the same time? During the month of April if you refer a friend, their enrollment fee will be waived and you will save too! For every membership that you refer you will receive 1 **FREE** month.



### Personal Training & Massage Combo \$65 Special/Savings of \$15

#### What Motivates You?

Do you need some help sticking with your fitness plan? The expertise and support of a personal trainer might be just what you need. Or, is the promise of a relaxing massage all the motivation you need? Either way, Hampshire Wellness & Fitness can help. Get **one** 60-minute personal training session and **one** 30-minute massage for only \$65!



### Line Dancing with **Ryan**

#### Small Group Personal Training Special!

Do you have few friends that would like to learn or practice Line Dancing together? This is your chance to schedule 6 small group training sessions with Ryan.

Have your own personal dance party with your friends!!!

### Dare to **TRI Indoor Triathlon**

**Saturday April 6<sup>th</sup> 9:00**

Members \$15 Guests \$20

Course: 30 minutes Cyling

20 minutes Treadmill

10 minutes Swimming

**Member usage of Treadmill will be limited.**

**Lap pool closed to members during competition**

### Hampshire County Spring Health Fair



Saturday April 6<sup>th</sup> 7AM-11AM

**Hope Church – Augusta**

**Labs drawn on site & Processed by Labcorp**

**Testing Fee Cash or Checks written to Augusta Ruritan**

Hemoglobin A1c, B12 & Folate, Vitamin D, PSA (men only) Hepatitis C, Testosterone, Rheumatoid Factor & Executive Panel

**HC Health Dept Vaccines & Immunizations**

Covid test kits and Narcan.

#### Local Community Presenters

**Mountaineer Mental Health**

**Tim Nichols DDS, Dentist**

**TMP Recovery & Resource**

**Hampshire Multispecialty Clinic**

**Hahn Dermatology**

**VH Dr Mattson will read EKG**

**Committee on Aging**

**Lambert's Drug Store**

**VH Ambulance Team**

**Progressive PT**

**Local HOSA students**

**VH mail pocket EKGs**



**Friday April 19<sup>th</sup> 4:30PM**

**Members Free; Non-members \$10**

Let's Glow! Non-stop party music, glow paraphernalia & fun! Wear your best **Neon** attire to brighten up your class!



### Monthly Diabetic Support Group

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

**Thursday, April 25, 2023**

**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!



### Fit 4 Toddlers

**Thursday, April 11<sup>th</sup> 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

April Showers & Spring Flowers are made all month with Ms. Jeanne & Staff in Kidz in Motion.

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	<b>*9:00 to 11:00</b>	4:00 to 7:00
Saturday	9:00 to 11:00	

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

**\* Friday AM availability is based on PT schedule**

## Why Swim Lessons Are Important!

**Safety** According to the National Institute of Health, children aged 1-4, who received formal swim lessons, saw an **88% reduction in drowning risk.**

**Overcoming Fear** For many, the experience of submerging their face in the water, going fully beneath the surface, or holding their breath can be very scary. By enrolling in swim lessons, you become comfortable with each of these sensations at their own pace, with a trained professional on hand to help guide them.

**Swimming as Exercise** is an aerobic and full-body resistance workout. It is low impact while still strengthening all parts of the body—legs, upper body, core, back, even lungs! It's a terrific workout at any age.

**Fun** Whether you're in a pool, at the beach, or swimming in a lake, there's nothing better than splashing around in the water on a sunny day. We offer swim lessons all year!

**We offer Private or Buddy Lessons all year!**

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



**Hampshire County Parks & Recreation**

**Walk To Be Fit Program April 1<sup>st</sup> to October 31<sup>st</sup>**

Open to anyone that is 21 or older!

If you would like to register for the program, just stop by the Front Desk, complete an enrollment form, pick up a free pedometer and your tally sheet to log your steps & **WALK!** 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 & 1000 miles!**



## 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 8 am-12 pm

**\*Pool Class 4:30pm-5:30pm M, T & TH**

## Come Party with Us in Our Pool!

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 at 1PM** for a discounted rate of \$2/per swimmer. Members are **FREE**.

**\*HWF** welcomes **WVSDB** to our pool:

April 11<sup>th</sup> & 25<sup>th</sup>: 6:00-7:00.

**\*April 26, 2024 – FREE SWIM FRIDAY**

**Open to the Public**

**School Aged Children & Below**

**Bring the Kids in for a Free Swim!**

**1:00 – 7:00PM – compliments of HMH Foundation**



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)