

Focus on **Fitness**

JUNE 2025

Hours of Operation

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

Saturday 8am-2pm: **Pool closes at 12**

PERFECT SUMMER PACKAGE!

Join in JUNE for only \$132

20% discount/\$33 savings

No Enrollment Fee / No Dues until September

As a New Member, membership dues will resume to normal price on 9/1/25. *rates are per person*

OR

Participants may join as a Guest for 3 months ONLY.

All Members can bring a GUEST for FREE each Friday in June!

*Guests must be 18-years-old

Member Summer Special

Get a head start on your Goals

Complete a Reassessment in **June** & you are eligible to purchase **TWO** 30-minute Personal Trainings for the price of **ONE training for only \$25**

BOLO

Be On the Lookout

New Pro Shop Snacks!

We have new items at the desk to curb hunger OR for an extra pick-me-up before and after a workout. Some protein packed items, drink mixes and variety of crackers.

Stop by the front desk to check them out!

New Equipment!

You may have noticed that we have "INHERITED" some new pieces of equipment for our Winchester Facility! Some of our older equipment is for sale!

Stop by the front desk for information!

Monthly Diabetic Support Group

June 26th 11AM: FREE to Public

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 June 12th 11:00 – 11:45

Ages 18 months to 4 years

\$5 per child & guardian

A special program designed to enhance movement, coordination, creativity and social interaction.

Participants have the option to swim after session.

RSVP Preferred

Stop by the Front Desk for details & sign up.

Walk with a DOC

Wednesday, June 18th 5:00 PM

**TOPIC: Hydration vs. Dehydration
The Effects on our Health**

This doctor-led group is a fun and safe way to go for a walk, learn about health and meet new friends. The event is FREE and all are welcome! Walks are held at the indoor track.

Conversation will be limited to the topic listed.

MASSAGE MAGIC

***Recharge, Relax and Restore with our
Magical Massage Therapists!***

Tammy, Jenn & Andi are available throughout the week offering a variety of massage techniques.

Tammy specializes in cupping, Jenna uses deep tissue techniques and Andi specializes in a Rakei style massage, all effective in helping clients relax and recharge.

Stop by the front desk for availability!

Summer is HERE!

Bring your shovel & pail



We are bringing the beach to Kidz in Motion!

Sign your children up for all the adventures and activities.

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Monday, Wednesday & Friday 9-11 am & Monday-Friday 4-7 pm

Saturday 9-11 pm Have lots of fun with Mrs. Jeanne & Staff.

Hydration Hacks for Staying Cool during Workouts & All Summer Long!

Proper hydration is essential to ensure you don't overheat and compromise your performance. Especially during hot summer months, staying cool and hydrated becomes even more critical. Here are some hydration hacks to keep you cool and on top of your fitness game:

Hydrate before, during, and after: Aim for 16-20 ounces of water 2-3 hours before your workout. Sip 7-10 ounces of water every 15-20 minutes during exercise and replenish fluids afterward too.

Flavor up your water: Plain water is great, but sometimes you crave a little more. Infuse your water with fruits like cucumber, berries, or citrus slices for a refreshing twist.

Consider electrolyte-rich options: For longer or intense workouts, especially in hot weather, electrolyte-rich drinks can be beneficial. Electrolytes, like sodium and potassium, help regulate fluids and muscle function.

Frozen Treats for Hydration: Freeze some grapes or berries and add them to your water bottle. As they melt, they'll add a touch of sweetness and keep your drink cool. You can even try freezing your water bottle partially for an icy effect.

Cool down from the inside out: Pre-chill your water bottle or opt for insulated bottles that keep your drink frosty throughout your workout.

Watch for these dehydration signs.

Thirst is your body's natural way of telling you it needs fluids. However, don't wait until you're feeling parched to reach for a drink. Signs to watch out for that might indicate dehydration may include fatigue, dizziness, lightheadedness, dry mouth, dry skin, decreased urination and dark urine. If you experience any of these signs, it's important to rehydrate as soon as possible. Remember, hydration is an ongoing process. By incorporating these hacks, you'll ensure your body stays cool, replenished, and ready to crush your workout goals!

REFERENCE: <https://www.healthline.com/nutrition/how-to-rehydrate#takeaway>



Pool News

School's Out! Free Swim Friday

Friday June 27th 1pm to 7 pm

Bring the Kids in for a Free Swim!

1:00 – 7:00PM Compliments of HMH Foundation

Ages 6 months – 18 years

Admission includes 1 child & 1 adult.

Swim Lessons are Available Now!

We are scheduling Private 1-on-1 or Buddy swim lessons for members & non-members.

30-minute single session or packages of 3, 5 or 10 sessions are available.

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

***Swim Lesson prices increase 6/1/2025**

Home School Group Swim

Friday June 13th 1:00 – 2:00 - \$2 per swimmer

Private Pool Rental

Come Party with Us!

Pool Rental Options

Friday 7pm – 2 hours Pool Only

Saturday 12pm - 2- or 3-hours Pool/Lobby options are now available!

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

Open Swim for all school age children.

Cost \$5 for guest: includes 1 adult per child

pool use only

Monday through Friday 1pm-7pm*

***Pool Class 4:30pm-5:30pm**

Tuesday & Thursday

Saturdays all day! 8 am-12 pm**



Hampshire County Parks & Recreation

Walk To Be Fit Program Continues through October 31st



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