

Focus on **Fitness**

August 2025

Hours of Operation

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

Saturday 8am-12pm; **Pool closes at 12:00**

CLOSED August 30th – September 1st



**HAPPY
ANNIVERSARY
TO US!!!**

18TH YEAR

ANNIVERSARY Specials

Join us the week of August 5th-10th

Join for ONLY \$18

Join for only \$18, No Enrollment, No Dues until 9/1

30 MINUTE PT for ONLY \$18

\$18 for 30-minute session, member only, limit 1



Saturday, August 16th 9AM

Bench Press with 5K to follow

Registration forms at Front Desk

****Pre-registration required for T-shirt.**



Friday August 22nd

4:30pm-5:30pm

Members Free; Guests \$10

Ready to get back into fitness? 60 minutes of Fitness Fun to work off the Back to School Blues. This class will include cardio, weight and circuit training, agility drills and lots of fun!

Monthly Diabetic Support Group

Last Thursday of each Month at 11AM

August 28, 2024

Pam Francis, Diabetes Educator

Kelly Sions, HMH Nurse 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 August 14th 11:00AM

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.

See front desk for further information.

T-N-T Teens in Training

Make sure your teen is in the best shape ever when the next sports season starts.

Our T-N-T program offers 60-minute, high intensity sports conditioning & weight training. The program is for athletes and other teenager's (ages 10-17) who are serious about improving their fitness level. Make it even more fun by signing up with your friends or teammates.

Packages consist of:

- 🍀 3-60-minute sessions
- 🍀 5-60-minute sessions
- 🍀 8-60-minute sessions



Pool News

Swim Lessons

Summer may be almost over and school may be starting, but there is never a better time to learn how to swim! 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 all year long! See the front desk for more information.

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 now.

Open Swim for all school age children.

Cost \$5 = 1 Swimmer & 1 Parent / Guardian

Monday through Friday 1pm-7pm*

Wednesday & Friday 1pm-7 pm

Saturdays all day! 8 am-12 pm

pool use only

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

Monday, Tuesday & Thursday

Celebrate Back to School in the Pool!

Free Swim – August 15th, 1-7PM

Bring your own towel please!

6 months – 17 year old school aged children welcome!

Compliments of the HMH Foundation!



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



Kidz in Motion

Sign your children up for all the adventures and activities. Monday, Wednesday & Friday 9-11 am & Monday-Friday 4-7 pm Saturday 9-11 pm Have lots of fun with Mrs. Jeanne, Ms. Ciara and staff

Updates for Our Members:

Hello, we hope everyone is having a great 2025 Summer! There are a few new faces on our staff over the past few months.

Please make **WELCOME:**

Lilly Hatcher – Lifeguard, Swim Instructor and Childcare

Izaiah Thorpe – Lifeguard

Ciara Bennett – Childcare & Front Desk

We also want to make members aware that we are losing several towels a week. We cannot continue to supply towels if they continue to disappear. Please make sure everyone is returning used towels to the blue bins upon use.

Also, please remember that the class schedules are subject to change based on availability of staff and class attendance. We try to provide classes that are on the schedule, however due to circumstances beyond our control we may have to cancel a class. We will try to post updates as we become aware of changes.

Thank you for the kind words, cards, thoughts and prayers during my mothers' passing. Your generosity & concern is much appreciated.

Trina