

Focus on **Fitness**



September 2025

Closed Saturday 8/30 - Monday 09/01

In observance of Labor Day & our employees taking a well-deserved post summer break.

Hours of Operation:

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

Saturday 8am-2pm Pool closes a Noon

Friday September 5th -

*****We will be closing at 1PM for our annual Staff Retreat.***

Welcome Back!

**New or Former Members
Join for only \$25!**

No Enrollment Fee / No Dues until October!

**Normal membership dues will resume
10/01/2025**

Welcome back all our members who took a break over the summer. We have missed you!!

Have YOU had a REASSESSMENT lately?
Start yourself off on the right foot with knowing your numbers, resetting your goals & let us help you celebrate your success!
You will receive a **FREE Guest Pass** after you complete a reassessment in **September!**



Yoga Retreat

**Saturday September 20th
10am -1pm**

Join Andi for a morning of rest & renewal. Laugh, stretch, dance, meditate and connect with others. Open the heart. Relax the body & mind, Refreshments included. Everyone Welcome!
Members: \$5 Guests: \$10

Monthly Diabetic Support Group

**Last Thursday of each Month at 11AM
Thursday September 25th**

**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. Free to the public. Invite friends & family. Hope to see you there!

Fit 4 Toddlers

Thursday September 11th 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



End of Summer

Luau Pool Party

Friday September 12th

5:00 pm to 7:00 pm

Everyone is invited to the Luau! Join us for an evening of swimming, music, games & refreshments. All ages welcome to attend.

Members – Free

Guest - \$5 per school aged child & younger, includes (1) adult. Single adult fees apply.

***Please bring your own towel.**

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KIDZ in MOTION – Show us Your Pet!

This month we are celebrating your pet or favorite animal! We encourage you to bring in pictures of your own pet or a animal of your choice. Earn prizes for your attendance! Have lots of fun with Mrs. Jeanne & Staff
Sign your children up for all the adventures and activities. Monday, Wednesday & Friday 9-11 am & Monday-Friday 4-7pm Saturday 9-11

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.
Stop by the Front Desk to details & sign up.



Coming in October

United Way
Trick or Trot November 1st
Silent Auction October 27-Nov. 3



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



Pool News



Swim Lessons Continue

School has started, but it's not too late to sign up for swim lessons! 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. See the front desk for more information.



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 7pm – 2 hours Pool Only

Saturday 12pm - 2- or 3-hours Pool/Lobby

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



Open Swim for all school age children!

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

Monday through Friday 1pm-7pm*

Wednesday & Friday 1 pm-7 pm

Saturdays all day! 8 am-12 pm

Pool Class 4:30pm-5:30pm Tuesday & Thursday

pool use only

WVSD&B will be using the pool for recreational swim Thursday's from 6-7 pm.

Home School Programs will be using the pool the 2nd Friday of each month at 12-2pm.

Free Swim – September 26th

Come Swim with us for **FREE!**

Bring your own towel please!

Friday - 1-7PM. 6 months School Aged
Compliments of the HMH Foundation!