

Focus on **Fitness**

November 2025



Closed Thanksgiving Day

Current Hours of Operation

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

Saturday 8 am-2 pm **Pool Closes at Noon**

We are OPEN Veterans Day



Monday November 11th

All of our Military past & present, join us for complimentary coffee & water at the front desk.

All active and or retired **Military Personnel** can work out as our guests for **FREE Veterans Day**.

New Members Join

Monday November 24th – Saturday November 29th

\$\$ Receive Free Enrollment

\$\$ No Payments till December



Thanksgiving Holiday Hours

Wednesday Hours: 6 am to 6 pm

Closed Thanksgiving Thursday



Friday Hours: 6 am to 6 pm

***Black Friday Interval Class 9 am**

CLOSING AT NOON on Saturday, 29th



OPEN Regular Hours 6 am – 8 pm

Start your **Black Friday & Cyber Monday** shopping right here at HWF! Give the gift of **Fitness: BOGO!**

-BOGO – 30-minute session & get 1 for FREE!

(Massage, Personal Training, Nutrition/Wellness Coaching, or Swim Lesson) ***Packages not included*** (Limit of 1 per customer, non-member fees apply)

10% Off All Pro Shop items

***Offer starts Black Friday & ends Cyber Monday!**



Thanks to everyone that donated, volunteered, and signed up for Trick, Train or Trot, decorated a pumpkin, or bid at the auction or contributed in any way to **United Way of Hampshire County!** You made a difference to our community!



Back To the 80's

Interval Friday November 14th

4:30 - 5:30 pm

Channel your inner Jane Fonda! Grab a sweatband, throw on some leggings and legwarmers, add some neon, make that hair **BIG!** Come join us for 60 minutes of interval fun to the most popular hits of the 80's! **Admission is canned food!**



Help Us Fill the Cart!

November 10th -15th

Nobody should go to bed hungry.

We will have a cart in the lobby to accept your donations of food for the local pantry.



Holiday Stress?

Treat yourself to a massage! Research indicates there is nothing

better to help you relax, help ease joint pain and reduce anxiety than a massage.

Stop at the desk and book your massage!



Kidz in Motion

Celebrate November with lots of crafts and fun all month long with Mrs. Jeanne & Staff.

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

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

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	

Fit 4 Toddlers

Thursday November 13th 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.

Participants are invited to the pool after the session.

RSVP Preferred

Stop by the Front Desk for details & sign up



Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it is not controlled. One in 11 Americans has diabetes, more than 29 million people. Another 86 million adults in the United States

are at high risk of developing Type 2 diabetes.

Are you Living with Diabetes or Prediabetes?

Valley Health offers several programs to help you with Diabetes or Prediabetes. We offer **Next Step Program** here at **HWF** that will help you to establish an exercise program.

Monthly Diabetic Support Group



11:00 am Thursday November 20th
11:00 am Thursday December 18th

Pam Francis, Diabetes Educator
Kelly Sions, Diabetes Nurse Educator

This support group is 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.** Hope to see you there!



POOL NEWS!!!

Swim Lessons

Hampshire Wellness & Fitness offers swim lessons thru the Fall & Winter! 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!

Pool Rental Options

Friday 7 pm – 2 hours Pool Only

Saturday 12 pm - 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 per child & parents are FREE 1 pm-7pm

*Pool use only

*see pool schedule for availability

Black Friday Free Swim

November 28th 1 PM-6 PM

Come Swim with us for **FREE!**

Bring your own towel please.

6 months to School Aged Children

Compliments of the HMH Foundation!

Swim Team Practice

West Virginia School for the Deaf & Blind School

will be practicing in our pool, please check the schedule! One lane will be open for members.

November 3rd, 4th & 10th 6:00 pm to 7:00 pm

Hampshire High School will be practicing in our pool thru Jan. **Please check the schedule!**

Monday, Wednesday & Friday 4:00 pm–5:30 pm

Tuesday 6-7 pm

One lane will remain open for members use during all practices.



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

www.hampshirewellfit.com