

## Focus on **Fitness**

### MARCH 2023

#### Hours of Operation

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

Saturday 8am-2pm



### FORMER MEMBERS ONLY!!

#### NO ENROLLMENT

“Former” members must be in our computer and do not owe any back balances.

\*Responsible for prorated dues

### ADD ON to YOUR PACKAGE!!

Purchase a Package of Massage, Personal Training, Swim Lessons, or Wellness Coaching & receive an additional 30 minute session **FREE!**

\*1 per member / no expiration\*

### Reassessments = Results

Complete a **Reassessment** this month = 1 Guest Pass

### MARCH 17<sup>th</sup> ONLY! YOUR LUCKY DAY!!

#### NEW MEMBER SPECIAL

Join today for **\$17!!**

**FREE** Coffee & Water for Members

**NO** Guest Fees all day

**FREE SWIM FRIDAY 1-7pm**

\*\*ALL CHILDREN 6 mth-18 years (swim only)

\*\*Compliments of HMH Foundation





### **March “Sweet 16” Days of Madness**

March 7<sup>th</sup> – March 31<sup>st</sup>



Let the Madness begin! The first **25** members that commit to play!

Are you up to the challenge?

#### **Game Rules**

-  Pick up your play card by **03/7/23!**
-  Complete 1 square per day!
-  You have **22** days to complete the card!
-  Turn in your play card **03/31/23** by **8:00** pm

#### **Score**

-  Full cards will win your choice of prize.
-  Complete at least **12** or more boxes to be entered into a drawing to win your choice of prize.

### Thursdays at Noon March 2<sup>nd</sup> – April 6<sup>th</sup>



#### American Sign Language Introductory Class

This class is for those who know little or nothing about sign language. You will learn the alphabet and signs for everyday living. Upon completion of this class you will be able to speak in sentences! Class is open to everyone!

**Come join Nancy and learn a new language!**

Class fee \$20 cash or check to Nancy Merritt

*Sign up at the Front Desk*



#### Friday March 10<sup>th</sup>

**4:30pm-6:00pm**

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

March 30, 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!

## Heart Attack Risk Program (HARP)

Tuesday, March 28<sup>th</sup> 8-11AM

HARP is a free screening provided by a Valley Health RN that includes confidential counseling to review your cholesterol and blood sugar numbers and other factors. **12 Hour fast is required.**

*Stop by the desk to schedule appointment.*

## Kidz in Motion

Join us this month for “**March Madness**”.



Our kids will try their luck at foul shooting, dribbling and other basketball skills. They will participate in basketball crafts, drawings, puzzles and games while striving to make the “**Sweet Sixteen**”. Come join Ms. Susie & Ms. Jeanne for all the fun!

**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	

**Friday AM based on room availability.**

**Please always call prior to attending.**

**\*\*Girls on the Run continues thru April 14<sup>th</sup>. Sessions every Tues. & Fri. 3:45PM-5:15PM**



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)



## POOL NEWS!!!

**Open Swim** for all school age children **EVERYDAY!!!**

Cost \$5 parents are **FREE** \*pool use only\*

Monday through Friday 1pm-7pm\*

Wednesday & Friday 1pm-7 pm

Saturdays all day! 8 am-2 pm

**\*Pool Class 4pm-5pm T & TH**

## Private Pool Rental is Now Available!

Pool Rental Options

Friday 7pm-9pm – Pool Only

Saturday 2pm-4pm – Pool/Lobby option

**\*See Front Desk for details.**

## Schools in the Pool



Please plan your swim time accordingly. Only one lane will be available to the members and you must enter from the opposite side. It will be **LOUD!**

March 13 12:00-2:00 Augusta Elementary

March 14 12:00-2:00 Augusta Elementary

March 15 12:00-2:00 Augusta Elementary

March 16 12:00-2:00 Augusta Elementary

March 20 12:00-2:00 Augusta Elementary

March 21 12:00-2:00 Augusta Elementary

March 22 12:00-2:00 Augusta Elementary

March 24 12:00-3:00 HHS Rewards

March 28 12:00-3:00 HHS Rewards

March 30 12:00-3:00 HHS Rewards

March 31 12:00-3:00 HHS Rewards

## Coming in April



Saturday April 1st Triathlon

Friday April 7th Aqua Egg Hunt

Tuesday April 25th HARP

Thursday April 27th Diabetes Support

**We are adjusting Saturday Hours beginning in April 1<sup>st</sup>**

**New Pool closing time will be 12:00 / noon  
Fitness floor hours will remain 8:00 to 2:00**