

Focus on **Fitness**

May 2024

Hours of Operation

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

Saturday 8am-2pm; Pool Closes at Noon

Saturday May 27th – **Closing at NOON**

Monday May 27th Memorial Day we will be **closed**.



Memorial Weekend Special

Join on Thursday 23rd – Saturday May 25th

\$Free\$ Enrollment & June dues will be **\$Free\$**



Don't Forget Mom!!!

GIVE MOM THE GIFT OF HEALTH or RELAXATION!

Mom would **LOVE** a gift card for a membership, massage or personal training!! When you buy a gift card on May 6th through the 11th you receive a **FREE** one-week guest pass to give to a friend or family members.



Senior Prom

Silver Sneakers Class & Reception

Tuesday May 28th 9:00 – 11:00

Still feeling young at heart?

Didn't get to attend a prom?

Want to attend another one?

Here's your chance!

Come dressed in your choice of prom attire & get ready to dance, exercise and have some FUN!!

Reception will follow in the lobby 😊

8 Week Next Steps Program

Save 50% if you start in May

\$450 value for only \$50

Perhaps you have diabetes, heart or pulmonary issues, a weight issue or getting ready for surgery or has your doctor prescribed exercise to prevent any medical condition? Is there a child in your life that is facing health concerns? Then **Next Steps** could be the option to help you move in the right direction.

1 Pre- & 1 Post Evaluation

16 Scheduled Trainings

1 Nutrition Consult (optional)

Unlimited use of the Center, Classes & Amenities

Physician or Physical Therapist order required.

Stop by the front desk for further information.



Boot Camp Happy Hour

Friday the 17th 4:30PM

Stations of Challenging Workouts

60 Minutes of Fitness Fun!

Members: FREE Guest \$10

Space is limited Sign Up at Front Desk!!!

Fit 4 Toddlers

Thursday, May 9th 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.

Monthly Diabetic Support Group

Last Thursday of each Month at 11AM: May 30th

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!

Kidz in Motion



Yay for May!

Come discover May flowers and other spring things while having fun in 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, Paige & Andrea

Welcome New Staff!

We have a few new faces on our staff!!

Please welcome:

Paige Funk: Paige joined us last fall as a lifeguard, she can be found filling in at childcare and will be our swim instructor while Johanna is out on maternity leave. Paige is a high school senior and will be graduating in May!

Andrea Crawford: Andrea recently joined us in the childcare department replacing the role vacated by Ms. Susie. Andrea is a nursing student at Potomac State.

Sydney Fischer: Sydney is our new Personal Trainer and Customer Service Representative at the front desk. Sydney has been working as a PT at AnytimeTime Fitness in Front Royal.

WELCOME BACK Bryson Nelson who has been spent several months in New Zealand seeing all the sights!



Hampshire County Parks & Recreation

Walk To Be Fit Program Continues to October 31st

Open to anyone that is 21 or older!

If you would like to register for the program, just stop by the Front Desk, complete an enrollment form, pick up a free pedometer and your tally sheet to log your steps & **WALK!** Don't forget to turn in your logs either here or at any FNB to be eligible for prizes! HCP&R will award prizes when you reach **milestones: 100, 250, 500 & 100 miles!**

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Pool News

Schools in the Pool



May 10 th 1:00-2:00	Home School
May 13 th 12:00-2:00	Romney Middle School
May 18 th 9:00 – 10:00	WV DNR
May 9 th 6:00-7:00	WVSDB
May 16 th 12:00-2:00	Romney Middle School
May 16 th 6:00-7:00	WVSDB
May 23 rd 6:00-7:00	WVSDB

Please plan your swim time accordingly. Only one lane will be available to the members and the therapy. **(Remember it can get LOUD in the pool!!)**

Swim Lessons

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.

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 now.

Open Swim for all school age children. Cost \$5 and 1 parent per child is **FREE** *pool use only*

Monday through Friday 1pm-7pm*

Wednesday & Friday 1pm-7 pm

Saturdays all day! 8 am-12 pm

*Pool Class 4:30pm-5:30pm Monday, Tuesday & Thursday

Friday May 24th – FREE SWIM

Open to the Public

School Aged Children & Below

Bring the Kids in for a Free Swim!

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



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

www.hampshirewellfit.com