

## January 2025

### Hours of Operation

Monday-Friday 6am-8pm **Pool Closes at 7pm**  
Saturday 8am-2pm **12/31/24 – Open 8AM-Noon**  
**1/1/2025 - CLOSED**



### New Member Special

Join for **ONLY \$25 in January!**

(No enrollment fee & no other dues for January.)



### Member Only Specials

**All Month - PURCHASE** any service & receive (2) 15 minute Nutritional Consultations with a personal trainer!



### Martin Luther King Special January 20<sup>th</sup> **ONLY. \$99 ONLY!**

Receive (1) 60 minute massage and (2) 30 minute personal trainings.



### “New” Massage Schedule in 2025

#### Jenna

Monday 8 am to 1 pm  
Tuesday 8 am to 8 pm  
Wednesday 8 am to 1 pm

#### Tammy

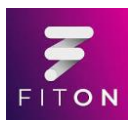
Thursday 9 am to 5 pm

#### Andi

Friday 11:30 am to 2 pm

Schedule your massage at the Front Desk

### New Insurance Based Membership



We now participate with FITON Program  
Stop at the Front Desk for more  
information,



### Fit 4 Toddlers

**Thursday, January 9<sup>th</sup> – 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**

### Walk with a DOC

Date: Wednesday, January 15<sup>th</sup>, 2025

Time: 5:00 PM

Topic: **Elevated Glucose – Dealing with Diabetes**

This doctor-led group is a fun and safe way to go for a walk, learn about health and meet new friends. The event is **FREE** and all are welcome! Walks are held at the indoor track. Conversation will be limited to the topic listed.



**Friday, January 17<sup>th</sup>**

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

Members Free Non-members \$10

Let's Glow! Non-stop party music, glow paraphernalia and fun! Wear your best **Neon** attire to brighten up your class!

### Bring the Kids to Swim **FREE**

**Friday January 24<sup>th</sup> - 1:00 – 7:00PM**

Open to the Public! School Aged Children & Below  
**Please bring your own towel!**

*Compliments of HMM Foundation*

### Monthly Diabetic Support Group

**Thursday January 30<sup>th</sup> - 11AM**

*Pam Francis & Kelly Sions – Diabetic Educators*

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!**

**Monthly Meeting Last Thursday of each Month.**

# Kidz in Motion

Snow, snow, snow let the north winds blow!

Come join in the fun and make a snowman with us.

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

Ms. Jeanne & Ms. Paige will be regularly staffing the childcare at this time. Ms. Andrea will also be returning!

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	



## Inclement Weather Policy

When Hampshire County Schools are closed or on a 2-hour delay, because of **SEVERE WEATHER**, the Wellness Center will open at 8 am if possible. In all other cases we will open at 6 am.

- When Hampshire County Schools dismiss early due to **SEVERE WEATHER**, the Wellness Center may close at discretion of management.

### When schools are not in session:

- Call us at **304-822-7255** and listen to the message for updated information.
- Check out our **Facebook** page for updates and information on opening / closings.

Hampshire Wellness & Fitness Center reserves the right to close at any time due to inclement weather. Classes will be held as instructor availability

## SURVEY THANK YOU!!!!

Thank you to everyone that participated in our annual member satisfaction survey! The survey is important to us and gives us the opportunity to obtain your feedback to improve our services in the future. Your opinion is important to Valley Health and lets us know you care. 😊

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!!!

### Aqua Fit Class Change

*Aqua Fit will no longer be offered on Monday's*

**Please join us on Tuesday's & Thursday's at 4:30**

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

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

Monday through Friday 1pm-7 pm\*

Saturdays all day! 8 am-12 pm

**\*pool use only\***

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

### 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 7 pm** – 2 hours Pool Only

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

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

### Free Swim – January 24<sup>th</sup>

Come Swim with us for **FREE!**

Bring your own towel please.

**Fridays 1-7PM.** 6 months - School Aged Children

Compliments of the HMH Foundation

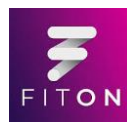


**Hampshire High Swim Team** will be practicing daily in our pool. Please schedule your visits accordingly. One lap lane will remain available for members & guests.

**Monday & Tuesday 5:30 pm–7:00 pm**

**Wednesday & Friday 4:00 pm-5:30 pm**

### We participate with these programs!



Do you have a Medicare Insurance Supplement? Or a Medicare Advantage Plan? Stop at the Front Desk to see if you are eligible for a **REDUCED COST** or **FREE** membership! **Stop by the Front Desk for more information.**