

## Focus on **Fitness**

### February 2025

#### Hours of Operation

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

Saturday 8am-2pm



### **A SWEET DEAL!!!**

**February 10-15<sup>th</sup>**

**Join for \$14**

(Enrollment fee and dues are waived during  
Valentine's Day Special **ONLY**)

### **10% Off all Individual Wellness Services, All Swim Gear & BIOFREEZE**

- ♥ Massage 30, 60 or 90 minutes (Hot stone & cupping include)
- ♥ Personal Training - 30 or 60 minutes
- ♥ Swim Lesson – 30 Private & Buddy
- ♥ Swim shoes, Goggles, Ear Plugs & Dry Ear n Clear

### **SURVEY SAYS.....**

**THANK YOU** to the 130 who responded to our 2025 membership survey. We wanted to make members aware of some of the responses we received.

Why Do People Join?

Convenience, Services, Pool, Hours & Value

Overall Member Satisfaction:

85% = Excellent

Cleanliness of the Center:

87% = Excellent

Group Exercise Satisfaction:

90% Excellent

Pool Area Satisfaction:

83% Excellent

Would You Highly Recommend the facility to a Friend?

92% said YES!

Suggestions on Improvement (Top 3):

42% - Nothing & Compliments

19% - Newer/Different Equipment, Bigger Towels

18% - Additional Hours

Monday is the most popular day to workout

Mornings to midday, the most popular time

50 and older is the largest population

66% of members are female



### **Souper Bowl Boot Camp**

**Friday, February 7<sup>th</sup>**

**4:30-6 PM**

Bring a food donation to participate.

**Food Collection Cart will be available all week!**

### **Fit 4 Toddlers**

**Thursday, February 13<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



### **We are OPEN!!!!**

**February 17<sup>th</sup> & School is Out!**

**Bring the Kids in for a Free Swim!**

Join us for some inside fun! **1 PM-7 PM**

*Compliments of the HMH Foundation*

### **Walk with a DOC**

**Wednesday, February 19<sup>th</sup>**

**5:00 PM**

**Topic: Healthy Heart Discussion**

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.*

### **Monthly Diabetic Support Group**

**Last Thursday of each Month at 11AM**

**February 27, 2025**

*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!

### **Coming in April**



**Saturday April 5<sup>th</sup> Indoor Triathlon**

It's not too early to sign up! Space is limited!

# Kidz in Motion

Join us for a month of **Heart Healthy Celebrations!!**

With Mrs. Jeanne, Ms. Paige & Ms. Andrea

**Valentine's Party; February 7<sup>th</sup> – 4PM-6PM**

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 |              |



## Inclement Weather Policy

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

## Hampshire Wellness & Fitness Member Etiquette

- Clean each piece of equipment after use.
- Refrain from sitting on equipment talking, on the phone, watching TV.
- Please do not leave drinks, towels, etc. on equipment while using another piece of equipment to "reserve" it when doing multiple sets
- Refrain from using your phone for any reason other than a music source
- Please do not wear strong perfumes, colognes, etc.
- Please do not wear shoes that have dirt or mud in to the facility
- TVs are for your enjoyment. You may request to have a channel changed, however please make sure someone is not watching the TV you intend to change. Please be discreet with the volume.
- Place all dirty towels in the blue hampers throughout the building
- Please do not use bath towels to STAND on in the locker rooms. Bath towels are extremely expensive, bring locker room shoes.
- Please do not use the hair dryer to dry off other body parts or items than what it is intended for.

**Thank you for respecting our staff, members, guest and facility!**



## POOL NEWS!!!

**Open Swim** for all school age children

Cost: \$5 & Parent is **FREE** \*pool use only\*

Members are always **FREE**

Monday through Friday 1pm-7pm\*

Saturdays all day! 8 am-12 pm

**\*Pool Class 4:30pm-5:30pm T & TH**

## 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.

## 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.**

**HWF** welcomes all **Home-schooled students** to our pool the **2<sup>nd</sup> Friday of each month at 1PM** for a discounted rate of \$2/per swimmer. Members are **FREE**.

## Free Swim Monday February 17<sup>th</sup>

Come Swim with us for **FREE!**

Bring your own towel please.

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

Compliments of the **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](http://www.hampshirewellfit.com)