

Focus on **Fitness**

MARCH 2025

Hours of Operation

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

Saturday 8am-12pm



FORMER MEMBERS ONLY! NO ENROLLMENT FEE

“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

It's time for a reassessment!

Check your progress & update goals = Results!

Knowing your numbers = Results!

Tanita screening = Results!

Do you know how many calories to eat?

Check you BMR (basic metabolic rate) = Results

Complete a Reassessment this month = 1 Guest Pass

MARCH 17th ONLY! YOUR LUCKY DAY!!

NEW MEMBER SPECIAL

Join TODAY for \$17!!

NO Guest Fees all day

FREE SWIM 1-7PM

*sponsored by the HMM Foundation

****Pool Closed for annual cleaning**

March 4th – 8th - Sorry for the inconvenience.

St. Patrick's Interval Class

Friday March 14th

4:30pm-5:30pm

Members Free; Non-members \$10

If your **lucky** enough to join us for this Interval workout, wear your **lucky green** attire and let's have some fun!

Walk with a DOC

Wednesday, March 19th 5:00 PM

TOPIC: Chronic Kidney Disease

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.*

Fit 4 Toddlers

Thursday, March 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.

RSVP Preferred Stop by the Front Desk for details & sign up.

Monthly Diabetic Support Group

Last Thursday of each Month at 11A

March 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!

Dare to TRI Indoor Triathlon

Saturday April 5th 9:00 - Noon

Members: \$15 Guests: \$20

Course: 30 minutes Cycling

20 minutes Treadmill

10 minutes Swimming

Member usage of Treadmill will be limited.

Lap pool closed to members during competition

March 18th – 26th – Windy Ridge Elementary will be swimming each afternoon 12PM-2PM. Please plan accordingly

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**”.

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	

Please always call prior to bringing in child.

March is National Nutrition Month



Looking to make a change and not follow the latest FAD? Not sure what to do! It's All About the Macros! The right balance of Carbs, Protein, Fat & Fiber Did you know we offer Wellness Coaching?

Carbs: Choose complex carbohydrates, vegetables, fruits, whole grains, and legumes. These types of carbs are filled with fiber to keep you feeling full and satisfied. Fiber is important for digestion, regulating blood sugar to minimize insulin spikes.

Proteins: Aim for lean proteins, fish, poultry and legumes. Protein promotes satiety, preserves lean muscle mass and stabilizes blood sugar to reduce insulin spikes.

Fats: Look for healthy fats, such as nuts and seeds, avocado, and olive oils. These fats will not only keep you full, but will also help you absorb nutrients.

Coming in April



Saturday April 5th Triathlon

Friday April 11th Egg Hunt

Saturday April 12th Health Fair



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

www.hampshirewellfit.com



POOL NEWS!!!

**Pool Closed for Annual Cleaning
March 4th – March 8th**

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**

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

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

Monday March 17th & School is Out!

Bring the Kids in for a Free Swim! 1 PM-7 PM

****Compliments of the HMH Foundation**

Aqua Egg Hunt



Friday, April 11th 5PM-7:30PM

Members \$5; Nonmembers: \$10

(Price includes child & parent.)

Space is limited!

Payment MUST be made with reservation

Children of varying ages will have designated time slots to get in the pool and gather as many Easter eggs as they can. Prizes will be awarded!!

Time slots for ages

5:00pm-5:30pm: 5 years and under

(*Parent required to be in water with child)

6:00 pm-6:30 pm: 6-9 years

7:00 pm-7:30 pm: 10-13 years

***Please do not enter the pool until your time slot**