

Focus on **Fitness**

July 2024

Hours of Operation

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

Saturday 8am-2pm: **Pool closes at 2 unless pool rental then it closes at 12. Call ahead.**

4th of July Holiday Hours:

Wednesday July 3rd – closing at 7PM

Thursday July 4th – CLOSED

Friday July 5th – 6AM -6PM

Saturday July 6th – 8AM-12PM

July Massage Special

\$30 for 30 minutes



MEMBERS Only!

Schedule a **Massage** with **Tammy, Jenna or Andi** and **SAVE!**

The Land of the Free

Independence Specials

All New Members receive
FREE Enrollment all Month!

Friday July 5th & Saturday July 6th Only

Workout with us for FREE NO GUEST FEES

Take a class for FREE NO GUEST FEES

Swim for FREE NO GUEST FEES

Enter our Drawing!

Purchase and WIN! Purchase a protein bar or protein shake during the month of July and enter our special drawing! The more you purchase the more chances you have to WIN!

Did you know? We now offer!

1, 3 or 6 month membership with no enrollment fee?

Individual Short Term Plans

1 month prepaid \$60

3 months prepaid \$165 (savings of **\$15)**

6 months prepaid \$300 (savings of **\$60)**

Trainer of the Month

Sydney Fitzwater

Sydney likes to make fitness fun! It's all about moving in a way that helps you meet your goals & makes you happy!

MEMBERS Only!

Purchase 30- or 60-minute Personal Training sessions with **Sydney!**

SAVE 10% per training...no limit no expiration!

**Packages not included in discount.*

Class Only Punch Cards

Join us for a class when you can! Purchase a punch card for \$40.

The card is good for (5) classes and expires in 90 days. This card is good for regular monthly classes only. It does not include specialty classes or any other amenities within HWF.

Monthly Diabetic Support Group

Last Thursday of each Month at 11AM

Thursday July 25th

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



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, Ms. Paige & Ms. Andrea

Fit 4 Toddlers

Thursday July 11th 11:00 – 11:45

Ages 18 months to 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.

T-N-T Teens in Training

Make sure your teen is in the best shape ever when the next sports season starts.

Our T-N-T program offers 60-minute, high intensity sports conditioning & weight training. The program is for athletes and other teenager's (ages 10-17) who are serious about improving their fitness level. Make it even more fun by signing up with your friends or teammates.
Stop by the Front Desk to details & sign up.

Stuck in a workout rut? Take a dip in the pool to boost both physical & mental health!

- 1. Low impact form of exercise** -The aerobic nature of swimming means that you can vary your pace to make workouts as strenuous or restorative as you want too.
- 2. Great for recovery** - Unlike high impact exercise, the low impact nature of swimming means it's a great activity to help recover from injury as it cushions and supports without putting any pressure on your joints. Swimming also strengthens connective tissue in your body because your muscles have to work harder to overcome the natural resistance of water.
- 4. Improves your mental health** -It's proven that physical exercise can help to manage these symptoms, in fact it is thought that going from sedentary to being active at least three times a week can reduce the risk of depression by up to **30%**
- 5. Burns more calories than normal exercise** - Just 30 minutes of exercise in the water is the equivalent to about an hour of non-water-based exercise, so it's a great workout when you're short on time.
- 6. Toning benefits**
Water is nearly 800 times denser than air, so in terms of toning, the natural resistance of the water helps to hone muscle strength and endurance, which can help to boost your body confidence.

Pool News

Free Swim Fridays In July!

Come Swim with us every Friday for FREE Fridays 1-7PM. 6 months – School Aged Compliments of the HMH Foundation!

WVSBD Summer Experience

Wednesday's July 10, 17 & 23
6-7 PM

*WVSDB students will be using the pool at this time.



Hampshire High Swim Team Summer Practice July & August

07/02 - 9-10:30	08/01 - 9-10:30
07/16 - 9-10:30	08/02 - 8-9:30
07/18 - 9-10:30	
07/19 - 8 -9:30	
07/30 - 9-10:30	

Dolphin Camp Operated by Hampshire High Swim Team (fundraiser) July 15-18

5:30 – 6:15 pm 3rd – 5th graders
6:15 – 7:00 pm 6th & 7th graders

Contact Hampshire County Parks & Rec to sign up!
304-822-7300 \$40 per child!

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 = 1 Swimmer & 1 Parent / Guardian
Monday through Friday 1pm-7pm*
Wednesday & Friday 1pm-7 pm
Saturdays all day! 8 am-12 pm

pool use only

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



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