

Focus on Fitness

October 2024

Hours of Operation:

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

Saturday 8am-2pm; Pool closes a 12, Noon.






Everyone wins when you **Refer a Friend!** Your friend will receive **FREE** enrollment a **\$65** savings! You will receive a **FREE** month for each **“membership”** you refer.



PACKAGE SPECIAL

Buy a **PACKAGE** of any service and receive an additional 30-minute session **FREE!**

-  Personal Training 30 or 60
-  Swim Lessons Individual or Buddy
-  Massage 60 or 90 minute

Next Steps Program

25% Discount if you start in October

Do you or someone you know have diabetes, heart or pulmonary issues, are you getting ready for surgery or has your doctor prescribed exercise to prevent a 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.

- Next Steps is a structured 8-week exercise program with assessments at the beginning and end of the program.
- Individualized exercise program
- Two 60-minute Personal Training sessions per week, with a fitness specialist.
- A summary report provided to you and your physician.
- Unlimited full access to the center and its amenities in addition to your two group sessions per week.
- Transition to full membership, including a waived enrollment.



Join Sydney or Hannah for the new class Tuesday evenings at 6pm! Barre, Pilates & more!
See the group exercise schedule for details!

UNITED WAY – “SPARK CHANGE”

Silent Auction

Proceeds benefit Hampshire County United Way

Friday October 25th - **Monday** November 4th

****Bidding will end at 5PM****

Come check out all of our Auction Items in the Lobby. Support Local Charities! Bid for a Cause! It Counts!

United Way Week– “Trick, Train or Trot

Monday October 28th -Saturday November 2nd

All “Trick, Train or Trot adult participants who donate a minimum of \$25 will receive a T- shirt.

Option 1 – Free Will Donation!!

Bring Cash to donate to HC United Way!

Option 2 – 30-minute Personal Training Session

\$ 15 donation required, sessions expire 12/30/24

***Limit (2) per member.**

Option 3 – 10-minute Chair massage

\$10 donation required; dates available:

October 25th ,28th ,29th ,30th ,31st & November 1st -

***schedule your massage at the front desk.**

***Limit (2) per member. *Cannot be scheduled back to back.**

Option 4 – 5K Fun Run or Walk (outside or inside)

Saturday, November 2nd 9 AM

\$20/Adults; \$10/Child

*** Registration required for all options.**

- Must sign up by 10/28/24 – last day to register

- T-shirts may be distributed at a later date.

Monthly Events: - Open to Public

Fit 4 Toddlers

Thursday October 10th 11:00 -11:45

Hampshire County Health Fair –

Saturday October 12th 7-11AM

Hope Christian Church, Augusta, WV

WALK with the DOC – Common Winter Illnesses

Wednesday October 16th 5 PM

Diabetes Support Group

Thursday October 31st 11-12 PM



Kidz in Motion October

Celebrate fall with lots of crafts and fun all month long with Mrs. Jeanne & Ms. Paige.
Monday, Wednesday & Friday 9-11 am
Monday-Friday 4-7 pm; Saturday 9-11 pm.

Join us for **Kidz Trick or Treat**

Party & Fun Walk or Run!

Saturday Nov 2nd 9-11am

Pumpkin decorating, games, wear your costumes & candy!

* All **Trick, Train or Trot Kidz** participants who

donate a minimum of \$15 will receive a T-shirt

Saturday morning Kidz fun Walk or Run optional.

Fit 4 Toddlers

Thursday October 10th 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.

Stop by the Front Desk for details & sign up!

Walk with a DOC

Join us for **Walk with a Doc!**

Common Winter Illnesses

Wednesday October 16th 5 PM

Monthly Diabetic Support Group

Last Thursday of each Month at 11AM

October 31st

Pam Francis, Diabetes Educator

Warm welcome Kelly Sions! HMH Diabetes Educator
This support group is 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. **Free to the public.** Hope to see you there!

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

Swim Lessons

School has started, but it's not too late to sign up for swim lessons! 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. **See the front desk for more information.**

Come Party with Us!

Celebrate a birthday or other special event with a private Pool Party here at Hampshire Wellness & Fitness! The pool is available on Saturday's after the pool closes from 12-2PM or 12-3PM and Fridays evenings 7-9PM. **Stop by the Front Desk for details, schedule your party now**

Open Swim for all school age children!

Cost \$5 per child & chaperone is FREE!

Monday, Tuesday & Thursday 1 PM-7 PM

Wednesday and Friday 1 PM-7 PM

Saturdays all day! 8 AM-NOON

*Note class & Swim team times.

Under the Spooky Sea Pool Party

Spooktacular **Water Games & Fun**

Friday October 11th 5:00 – 7:00

Join us for Spooktacular Halloween Themed Fun in the pool! Participants receive a Halloween Treat!

All ages and all members welcome. FREE EVENT.

***Compliments of the HMH Foundation**

Sign-Ups preferred, not required.

West Virginia School for the Deaf & Blind

School Swim Team will be practicing in our pool in the evenings thru October. Please see the board for times TBD.

Home School Programs swim with us the 2nd Friday of every month from 1:00-2:00 PM.

Hampshire High Swim Team

October 28th start of Swim Team Season

- Monday & Tuesday 5:30-7:00

- Wednesday & Friday 4:00-5:30

One lane will remain open for members use during all practices.