

## Focus on **Fitness**



### December 2024

Hours of Operation

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

Saturday 8am-2pm

Closed on Sundays



#### **Holiday Hours**

#### **CHRISTMAS HOURS:**

**Closed: December 24-25**

**8AM-8PM – December 26th**

#### **NEW YEAR HOURS:**

**Tuesday 12/31/24 8AM to Noon**

**Wednesday 1/1/25 Closed**



### December Specials

*Memberships, Massage & More*

#### *Holiday Savings All Month Long*



#### **New Member Special – 12/1 – 12/28**

Free Enrollment & 25% off the remaining December dues!



#### **Massage Special all month!**

Purchase a 60 or 90 minute massage & receive Cupping or Hot Stone upgrade for **FREE!**



#### **Gift Card Bonus all month!**

Purchase a gift card anytime this month and receive a **FREE** Week Guest Pass value \$30!



#### **New Member Special - December 30<sup>th</sup> & 31<sup>st</sup>**

New members receive **FREE** Enrollment & January **FREE!**



*HWF gift cards make great gifts and are always available and do not expire!*

**Use them for membership, personal training, massage, swim lessons & wellness coaching.**

### December Happenings



**December 13<sup>th</sup> – 4-7PM**

#### **Christmas is Coming & Santa too!!**

Our annual Santa Drop off is Friday December 13<sup>th</sup> during Kidz in Motion hours. We will be making crafts, playing games and Santa might stop by too. Come deck the halls with Mrs. Jeanne & Ms. Paige  
**Participants will need to pre-sign up for a time slot for their children to attend. Guest fees apply**



#### **December Class Fun:**

**Holiday HIIT Dec. 23<sup>rd</sup> - 4:30 PM**

**Come dressed in your festive fitness attire.**

**New Year's Eve Class – 11:00-11:45 AM**

**Last Workout of 2024!! Combination of Cycling, Strength & Abs!!**



#### **Fit 4 Toddlers**

**Thursday, December 12<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



#### **Monthly Diabetic Support Group**

**11:00 am**

**Thursday December 19<sup>th</sup>**

**Pam Francis, Diabetes Educator**

**Kelly Sions, HMH Nurse 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!

**TAKE SURVEY ▶**

### Survey Time!!

Our survey is still available through Friday December 16<sup>th</sup>. Let us know how we are doing! We appreciate your time, thoughts and feedback. You may access the survey in our lobby or electronically at your convenience

<https://www.surveymonkey.com/r/HWF2024>

# Kidz in Motion December

Celebrate December with lots of crafts and fun all month long with Mrs. Jeanne & Ms. Paige

Sign your children up for all the adventures, crafts & activities.

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	



# POOL NEWS

## Bring the Kids to Swim

Friday DECEMBER 27<sup>th</sup>

FREE OPEN SWIM – School Aged Children

1:00 – 7:00PM – compliments of HMH Foundation

Please bring your own towel

Children that have a fear of the water or cannot touch need to be accompanied by an adult in the water.



## 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 8AM if possible. In all other cases we will open at 6AM.
- When Hampshire County Schools dismiss early due to **SEVERE WEATHER**, the Wellness Center may close at the 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 & travel permits.**

## Holiday Greetings to ALL our Members!

I'd like to express our sincere gratitude and appreciation for our members support, patience and dedication to HWF. Your commitment to our facility makes it a lot easier to fulfill our Mission – Serving our Community by Improving Health. The staff and I are grateful for such trusting & loyal members who are like a family to us. As we begin 2025, we hope we can continue to help you reach all your fitness goals while we continue to serve our community and be a valued resource for years to come. Wishing you and yours a healthy and happy holiday season.

**MERRY CHRISTMAS & HAPPY NEW YEAR**

**Trina & Staff of HWF**

## Swim Lessons

Make great gifts!

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. Swim Lessons make life long Christmas gifts!!



**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: 5:30 – 7:00 pm

Tuesday: 5:30 – 7:00 pm

Wednesday: 4:00 – 5:30 pm

Friday: 4:00 – 5:30 pm

## Home School Swim Friday December 13<sup>th</sup> 1pm

One lap lane will remain available for members & guests.

## Thinking of your New Year's Resolution



Let us help you achieve your goals!



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)