

Baird Wellness Center Aquatic Classes

2019 Sessions

MONDAY, WEDNESDAY & FRIDAY CLASSES

Session #1 - January 2 to February 20
Registration - December 17 to December 28

Session #2 - March 1 to April 19
Registration - February 11 to February 25

Session #3 - April 29 to June 19
Registration - April 10 to April 24

Session #4 - June 28 to August 16
Registration - June 10 to June 24

Session #5 - August 26 to October 16
Registration - August 7 to August 21

Session #6 - October 25 to December 13
Registration - October 4 to October 18

TUESDAY & THURSDAY CLASSES

Session #1 - January 3 to February 19
Registration - December 17 to December 28

Session #2 - March 5 to April 18
Registration - February 11 to February 25

Session #3 - May 2 to June 18
Registration - April 10 to April 24

Session #4 - June 27 to August 15
Registration - June 10 to June 24

Session #5 - August 27 to October 10
Registration - August 7 to August 21

Session #6 - October 22 to December 10
Registration - October 4 to October 18

Open for Everyone

BAIRD WELLNESS CENTER
One Masonic Drive
Elizabethtown, PA 17022
Aquatic Coordinator
Phone: 717-361-4043
Fax: 717-361-5634



Baird Wellness Center

2019 Aquatic Class Schedule





Patton Pool Classes

Monday, Wednesday & Friday

8:30 - 9:15 a.m. Aqua Dynamics
9:30 - 10:15 a.m. Water Walking
10:30 - 11:15 a.m. Wave Runners

NEW CLASS! Aqua Dynamics - Start your day with a mix of strength, endurance and flexibility exercises for a total body workout. Also includes exercises to improve agility, coordination, balance and increase power and range of motion.

Water Walking - Low impact class using a variety of steps, speeds and arm movements to increase the effectiveness of this workout. Also includes exercises for strength and flexibility.

Wave Runners - Low to moderate intensity class with an emphasis on cardiovascular endurance, muscle strength and flexibility. Activities include water walking/jogging, standing aerobic combinations, strengthening exercises using resistive equipment and stretching exercises.

Tuesday & Thursday

8:30 - 9:15 a.m. H.I.I.T.
9:30 - 10:15 a.m. Aqua Fit

H.I.I.T. - Jump start your day with this 45-minute shallow water workout. This class allows you to set goals, improve your aerobic capacity, increase your metabolism and build a healthier heart. You will vary your pace and how hard you work - push your limit, then drop back into your comfort zone, then do it again! Rev it up, recover, repeat!

Aqua Fit - Have a blast while getting a total body workout! Build your cardio fitness, strengthen your core and improve your muscle tone and flexibility with this invigorating shallow water class. You will be kept moving with a variety of activities such as water walking, jogging and strengthening exercises with resistive equipment.

Flohr Pool Classes

Tuesday & Thursday

8:30 - 9:15 a.m. Water Wakeup Workout
9:30 - 10:15 a.m. Aqua Stretch
10:30 - 11:15 a.m. Water Works

Water Wakeup Workout - Low intensity workout targeting all major muscle groups. Will improve strength and flexibility. Activities include water walking/jogging, standing aerobic movements and range of motion exercises. Pool water is heated to 90 degrees for additional comfort.

Aqua Stretch - This class focuses on using the warm 90 degree pool water to improve relaxation, balance and flexibility. Easy Yoga, Pilates and Tai Chi-inspired movements as well as some walking and aerobic movements will enhance this class.

NEW CLASS! Water Works - Work on your balance, coordination and strength. This workout will include balance, core strengthening and flexibility exercises.

Class Payment Options

Monday, Wednesday & Friday Classes

Community Non-Members - \$132
Community Members - \$110
*Masonic Village - \$66

Tuesday & Thursday Classes

Community Non-Members - \$84
Community Members - \$70
*Masonic Village - \$42

To Register:

Payment options are cash or check.
Payable to "BWC" at time of registration.
Please write the name of the class on check.
**Masonic Village rates shown are for residents, employees, employee spouses and dependent children (ages 14-25), retirees and retiree spouses, and volunteers of Masonic Village.*