

Join **TODAY** to experience our award-winning center of excellence.

Located in the  
Freemasons Cultural Center

**717-361-5699**

[BWC@masonicvillages.org](mailto:BWC@masonicvillages.org)

[BairdWellnessCenter.org](http://BairdWellnessCenter.org)

## HOURS OF OPERATION

Daily 5 a.m. - 9 p.m.

**STAFFED**

Mon. - Fri. 7 a.m. - 6 p.m.

Sat. 7 a.m. - 3 p.m.

## SilverSneakers® site

Members of select Medicare health plans receive the SilverSneakers® Fitness Program as one of their benefits. SilverSneakers® includes free membership to the Baird Wellness Center or Flohr and Patton pools; SilverSneakers® classes, customized for older adults and more.

## Silver & Fit® site

Silver & Fit® is a fitness and healthy aging program designed for ages 65 and up to help achieve better health through regular exercise which includes membership to the Baird Wellness Center or Flohr and Patton pools.



EOE

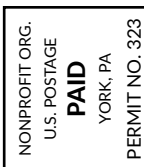
## ONE WEEK FREE

### Trial Membership

To receive your free *one-week membership*, please call us at **717-361-5699** to schedule an appointment with one of our staff members.

Good for the BWC and pool.

One coupon per customer. New members only.



**Masonic Village at Elizabethtown**  
**Baird Wellness Center**

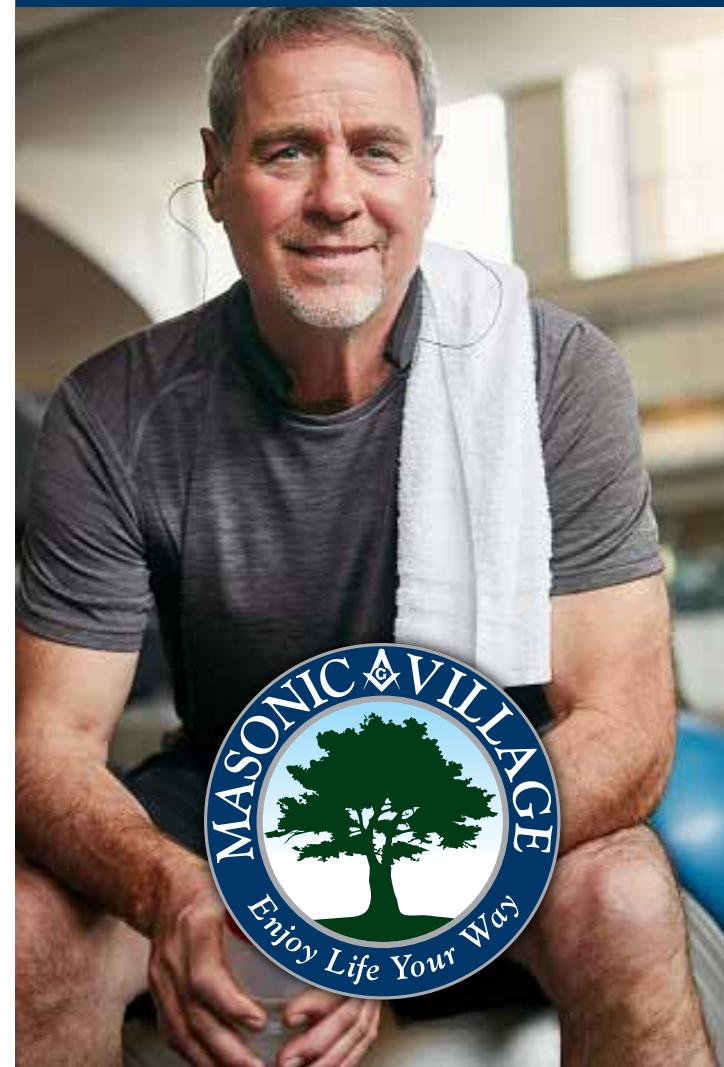
One Masonic Drive • Elizabethtown, PA 17022



# COMMUNITY

## *Baird Wellness Center*

Journey to the Best You





## BAIRD WELLNESS CENTER

Since 1998, the Baird Wellness Center has focused on enhancing the body, mind and spirit of our members.

1 Month: \$30 • 3 Months: \$85 • 12 Months: \$279

*Includes unlimited use of the Baird Wellness Center's fitness equipment.*

## POOL SERVICES

**Patton Pool & Flohr Pool and Spa (Indoor)**  
Open Swim/Lap Swim

1 Month: \$30 • 3 Months: \$85 • 12 Months: \$279

**Brossman Pool (Outdoor)**  
Season Pass

Non-member \$110

BWC/pool community members: \$93

*Guest passes available for purchase by members only.*

## BAIRD WELLNESS CENTER & INDOOR POOLS

1 Month: \$47 • 3 Months: \$133 • 12 Months: \$436

## WELLNESS COACHING

Work with a Wellness Specialist to achieve optimal wellness and quality of life.

## GROUP FITNESS & AQUATIC CLASSES

We offer various GEARS and Masonic Village aquatic and land-based group fitness classes. Membership is not required to participate in classes. Call for class offerings and pricing.

*\*Discounts on GEARS classes held at Masonic Village are available to members of the BWC/pools.*



## CUSTOM PERSONAL TRAINING PACKAGES

Call to set up your free consultation with a Certified Personal Trainer to develop your personalized fitness program.

## THERAPEUTIC MASSAGE

\$45 for 30 minutes • \$65 for an hour

