Baird Wellness Center
Aquatic Classes

2020 Sessions

MONDAY, WEDNESDAY & FRIDAY CLASSES
Session #1: Jan. 3 to Feb. 21
  Registration: Dec. 13 to Dec. 27
Session #2: March 2 to April 20
  Registration: Feb. 11 to Feb. 25
Session #3: April 29 to June 19
  Registration: April 10 to April 24
Session #4: June 29 to Aug. 19
  Registration: June 10 to June 24
Session #5: Aug. 28 to Oct. 19
  Registration: Aug. 7 to Aug. 21
Session #6: Oct. 28 to Dec. 16
  Registration: Oct. 5 to Oct. 19

TUESDAY & THURSDAY CLASSES
Session #1: Jan. 2 to Feb. 18
  Registration: Dec. 13 to Dec. 27
Session #2: March 3 to April 16
  Registration: Feb. 11 to Feb. 25
Session #3: April 30 to June 16
  Registration: April 10 to April 24
Session #4: June 30 to Aug. 13
  Registration: June 10 to June 24
Session #5: Aug. 27 to Oct. 13
  Registration: Aug. 7 to Aug. 21
Session #6: Oct. 22 to Dec. 10
  Registration: Oct. 5 to Oct. 19

Open for Everyone
BAIRD WELLNESS CENTER
One Masonic Drive
Elizabethtown, PA 17022
Aquatic Coordinator
Phone: 717-361-4043
Fax: 717-361-5634
BairdWellnessCenter.org
EOE
**Class Payment Options**

**Monday, Wednesday & Friday Classes**

- **BWC/Pool Non-Members** - $132
- **BWC/Pool Members** - $110
- **Masonic Village** - $66

**Tuesday & Thursday Classes**

- **BWC/Pool Non-Members** - $84
- **BWC/Pool 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.

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**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**

**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.

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**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. **Aqua Medley**

**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! Aqua Medley** - This class combines the movements of Tai Chi, Yoga, Balancing and Breathing exercises. Meditative, calming and relaxing, this class concentrates on the following areas: breathing, movement, alignment and mindfulness while gaining flexibility.