

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

Located in the Masonic Village's
Freemasons Cultural Center

717-361-5699

BWC@masonicvillages.org

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 adults 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.



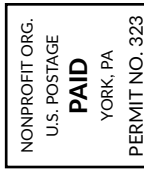
EOE

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

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

GROUP FITNESS & AQUATIC CLASSES

We offer various Greater Elizabethtown Area Recreation & Community Services (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.*



WELLNESS COACHING

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

CUSTOM PERSONAL TRAINING PACKAGES

Call to set up your consultation with a Certified Personal Trainer to develop your personalized fitness program.
\$35 for a Coaching or Personal Training Session

THERAPEUTIC MASSAGE

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

CHIROPRACTOR/ NATUROPATH

\$45 for 15 minutes

