# **Baird Wellness Center** Aquatic Classes

# 2021 Sessions

### MONDAY, WEDNESDAY & FRIDAY CLASSES

Session #1: Jan. 4 to Feb. 22 Registration: Dec. 14 to Dec. 28

Session #2: March 3 to April 21 Registration: Feb. 8 to Feb. 22

Session #3: April 30 to June 21 Registration: April 5 to April 19

Session #4: June 30 to Aug. 20 Registration: June 7 to June 21

Session #5: Aug. 30 to Oct. 20 Registration: Aug. 9 to Aug. 23

Session #6: Oct. 29 to Dec. 20 Registration: Oct. 4 to Oct. 18

## **TUESDAY & THURSDAY CLASSES**

Session #1: Jan. 5 to Feb. 18 Registration: Dec. 14 to Dec. 28

Session #2: March 4 to April 20 Registration: Feb. 8 to Feb. 22

Session #3: April 29 to June 15 Registration: April 5 to April 19

Session #4: June 29 to Aug. 12 Registration: June 7 to June 21

Session #5: Aug. 26 to Oct. 12 Registration: Aug. 9 to Aug. 23

Session #6: Oct. 26 to Dec. 14 Registration: Oct. 4 to Oct. 18

#### BAIRD WELLNESS CENTER One Masonic Drive Elizabethtown, PA 17022

Aquatic Coordinator Phone: 717-361-4043 bwc@masonicvillages.org 

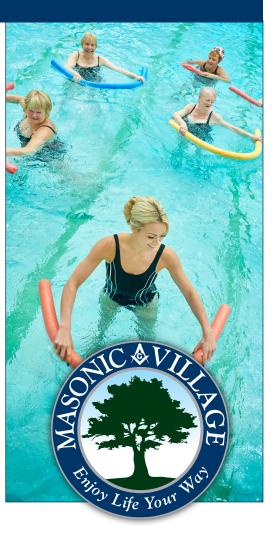
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# Baird Wellness Center

2021 Aquatic Class Schedule





## **Class Payment Options**

#### Monday, Wednesday & Friday Classes

Masonic Village residents and employees - \$66

#### **Tuesday & Thursday Classes**

Masonic Village residents and employees - \$42

## **To Register:**

Payment options are cash, check or credit card. Payable to "BWC" at time of registration. Please write the name of the class on check.



## **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 and 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 and 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 10:30 - 11:15 a.m. Aqua Flex

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. Keep moving with a variety of activities such as water walking, jogging and strengthening exercises with resistive equipment.

Aqua Flex - Finish your morning activities in a low intensity class with exercises to improve flexibility & balance. In this 45 minute class you will be given certain exercises to help you improve balance, coordination, agility and also improve your flexibility!