

# 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](mailto:bwc@masonicvillages.org) • [BairdWellnessCenter.org](http://BairdWellnessCenter.org)



EOE



## *Baird Wellness Center*

### 2021 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

**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!

## 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.