



Splash n' Burn

Reduce, reshape, and revitalize your body with a high energy power hour of water fitness. Splash n' Burn is designed to increase cardiovascular fitness, muscle strength and tone, and burn fat. While the water protects your joints and promotes flexibility! Let the water bring new energy to your work out!

Ai Chi "flowing aquatic energy" / Aqua Float

Ai Chi is a slow moving exercise intended to increase general mobility. Ai Chi creates balance, harmony and healing through water stretching to produce a uniquely stress reducing and therapeutic experience. The class combines diaphragmatic breathing with slow, broad, circular movements of the arms, legs and torso.

Joint Smart Aquatics

Use buoyancy to tone your muscles, increase your cardiovascular endurance, and improve your attitude towards exercise. This class focuses on total body fitness incorporating balance, toning, flexibility and resistance training without any impact to your joints.



Pemi-Baker

Aquatic & Wellness Center

A Division of Pemi-Baker Home Health & Hospice

2010 AQUATIC CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am-7am Splash n' Burn	6am-7am Splash n' Burn	6am-7am Splash n' Burn	6am-7am Splash n' Burn	6am-7am Splash n' Burn	8am-11am Open for Gym and Pool Members
7am-8am Splash n' Burn	7am-8am Splash n' Burn	7am-8am Splash n' Burn	7am-8am Splash n' Burn	7am-8am Splash n' Burn	
9am-10am Joint Smart	9am-10am Joint Smart	9am-10am Joint Smart	9am-10am Joint Smart	9am-10am Joint Smart	
1pm-2pm Joint Smart	1pm-2pm Ai Chi	1pm-2pm Joint Smart	1pm-2pm Ai Chi	1pm-2pm Joint Smart	
4pm-5pm Splash n' Burn	No Class	4pm-5pm Splash n' Burn	No Class	4pm-5pm Splash n' Burn	
5pm-6pm Splash n' Burn	No Class	5pm-6pm Splash n' Burn	No Class	5pm-6pm Splash n' Burn	

Monthly Aquatic Class Rates:

3 days a week - \$65.00

2 days a week - \$45.00

Drop in Rate \$12.00/per class

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