



Pemi-Baker Aquatic and Wellness Center has become a member of the Wellness Program sponsored by Harvard Pilgrim. The wellness benefit through Harvard Pilgrim provides for 500 dollars that can be applied towards an approved wellness program. We are excited to announce that through Pemi-Baker Aquatic and Wellness Center faculty, staff, and family members will be able to participate in aquatic classes or membership programs at this new facility. The Pemi-Baker Aquatic and Wellness Center was built in 2008. The pool is heated to 90 degrees providing the ideal environment to improve strength, flexibility, and balance.

The Wellness Program will cover 55 dollars a month towards any program at the facility as long as you participate in the program 8 times a month. The cost of programs range between 40 to 60 dollars a month. This enables a PSU employee or family member to attend the facility for ten months a year with little or no expense.

Here is what current members are saying:

- *These classes have changed my life.*
- *Since coming to the Aquatic & Wellness Center, I have lost 35 lbs.*
- *An exercise program was developed to focus on my individual needs. In two months, I have lost eight pounds. But more importantly, I've lost 24 inches overall, and I feel great!*

The aquatic specialists are highly educated and experienced. Katie is a Master Certified Burdenko trainer. Who specializes in both individual and group training sessions. Kathie holds a Masters Degree in Kinesiology and is Aquatic Rehab Certified. Kathie also successfully runs both individual and group fitness programs.

The wellness benefit applies to the aquatic classes or the membership programs for the pool and or gym. This is an excellent opportunity to improve your fitness level under the care and motivation of highly skilled professionals. Call Pemi- Baker Aquatic and Wellness Center for more information at 536-5533 or check them out on the web site at pemibakerhomehealth.org



Pemi-Baker

Aquatic & Wellness Center

A Division of Pemi-Baker Home Health & Hospice

AQUATIC CLASSES

Splash n' Burn

Monday-Friday 6:00 am-7:00 am, 7:00 am – 8:00 am, & 5:00 pm-6:00 pm

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!

Joint Smart Aquatics

Monday-Friday 9:00 am-10:00 am

MWF 1:00 pm-2:00 pm

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.

Ai Chi “flowing aquatic energy”

Tuesday & Thursday 1:00 pm-2:00 pm

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.

Monthly Aquatic Class Rates:

3 days a week - \$60.00

2 days a week - \$40.00

Drop in Rate \$8.00/per class

Monthly Membership Rates:

Gym: \$45.00 (6 days a week)

Pool: \$50.00 (3 days a week)

Combo (Pool and Gym): \$55.00

Personal Training:

8:00am – 5pm Monday thru Friday by Appointment

\$25.00 for one half hour session