

Aquatic Class Descriptions

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 workout!

Monday, Wednesday, Friday 6am, 7am & 5pm

Monday and Wednesday 6pm

Ai Chi

“Flowing Aquatic Energy”

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.

Tuesday and Thursday 12pm

Joint Smart

Use buoyancy to tone your muscles, increase your cardiovascular endurance, and increase the fun of exercise. This class focuses on total body fitness, incorporating balance, toning, flexibility and resistance training without harmful impact to your joints.

Monday thru Friday 9am

Monday, Wednesday, Friday 1pm

Aqualates

Set in the healing environment of water, this workout facilitates increased flexibility while challenging individuals to maintain core stabilization, postural alignment, and balance.

Tuesday and Thursday 3pm

Pool/Gym/Aquatic Classes

\$55/month- unlimited

Seniors 65 or older- 10% discount

Or Quarterly payment- 5%

Pool time & gym must be scheduled in advanced

Pemi-Baker Community Health

Home Health • Rehab Therapies
Hospice • Aquatic & Fitness Center

Monday	Tuesday	Wednesday	Thursday	Friday
6am-7am Splash n' Burn		6am-7am Splash n' Burn		6am-7am 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
	12pm-1pm Ai Chi		12pm-1pm Ai Chi	
1pm-2pm Joint Smart	3pm-4pm Aqualates	1pm-2pm Joint Smart	3pm-4pm Aqualates	1pm-2pm Joint Smart
5pm-6pm Splash n' Burn		5pm-6pm Splash n' Burn		5pm-6pm Splash n' Burn
6pm-7pm Splash n' Burn		6pm-7pm Splash n' Burn		

101 Boulder Point Drive, Suite 3
Plymouth, NH 03264
(603) 536-5533

www.pemibakerhomehealth.org

Members of the community are welcome- call today for more information