

CLASS SCHEDULE

Pemi-Baker Community Health

Open Swim Available

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 AM	Splash n Burn		Splash n Burn		Splash n Burn	Open @ 8am
7 AM	Aqua Fit		Aqua Fit		Aqua Fit	
8 AM						
9 AM	Splash n Burn		Splash n Burn		Splash n Burn	
10 AM		Joint Mobility 12-1:00 <i>*Paid Class</i>		Joint Mobility 12-1:00 <i>*Paid Class</i>		Open Swim shared w/ Swim Lessons
11 AM						
12 PM						Open Family Swim 11:15-11:45
1 PM	Aqua Flow	Joint Mobility 1:00-2:00 <i>*Paid Class</i>	Aqua Flow	Joint Mobility 1:00-2:00 <i>*Paid Class</i>	Aqua Flow	Closed @ 11:45
2 PM	Aqua Fit	Open Swim shared w/ Swim Lessons (3:30-5:45)	Aqua Fit	Open Swim shared w/ Swim Lessons (3:30-5:45)	Aqua Fit	
3 PM	Open Swim Shared w/ Swim Lessons (3:15-4:30)		Open Swim Shared w/ Swim Lessons (3:15-4:30)		Open Swim Shared w/ Swim Lessons (3:15-4:30)	
4 PM	(3:15-4:30)					
5 PM	Splash n Burn		Splash n Burn		Splash n Burn	
6 PM	(4:30 & 5:30)		(4:30 & 5:30)		Aqualates (4:30)	

Pool closes 15 minutes prior to building closing
(5:45pm Monday-Friday, 11:45am Saturday)

Please register ahead of time for Aqua Classes-space is limited.

603-536-2232

www.pbhha.org

Aquatic Class Descriptions

*Classes are an hour long, one class is allowed per day. Pre-registration required 536-2232

Aqua Flow (Level 1): MWF at 1pm

This class is a "no impact" class that focuses on core stabilization, posture, balance, coordination, concentrating on strengthening and flexibility. This class combines a wide variety of aquatic disciplines to create a diverse class. This class is specifically geared towards beginners to aquatic exercise and exercise in general.

Aqua Fit (level 2): MWF at 7am and 2pm

A moderate intensity class that combines cardio with strength training in all depths of the pool. Class is appropriate for all ages and fitness levels.

Aqualates (level 2.5): F at 4:30

Aqualates facilitates increased flexibility while challenging the individual to maintain core stabilization, balance, and postural alignment in the healing environment of water. Classes incorporate pilates and/or yoga moves.

Splash 'n Burn (level 3): MWF at 6am and 9am / MW at 4:30 and 5:30

A moderate to high intensity workout incorporating cardio and strengthening for a great calorie burning workout.

(Level 1: Low intensity, Level 2: Moderate intensity, Level 3: High intensity)

Specialty Class Descriptions

*Specialty classes are independent and not included with regular membership. Class meets twice a week for 4 weeks, 8 total. Fee for non-members is \$46 and members is \$26
Pre-registration required 536-2232

Joint Mobility in the Pool (level 1): Tuesdays & Thursdays at 12-1 and 1-2pm

Anna will lead you through a range of flexibility and strength exercises targeting every joint from head to toe. Perfect for anyone challenged with lower back pain, arthritis, injuries to the hip/knee or shoulders and/or balance issues, stroke, Parkinson's, Fibromyalgia etc. \$46 non-members, \$26 PBCH members: Monthly

The Balance Workshop (level 1): Mondays 9:30-10:30am

For individuals with balance or gait impairments; this class will reduce the risk and fear of falling. Judy uses a variety of exercises and teaches 6 steps to improve balance, does a balance test, teaches 8 Fall and 8 Fire Prevention Tips and More! This is a land based class that can be done standing or seated. \$46 non-members, \$26 PBCH members: 8 classes

Monthly Membership Rates

\$65/month- open swim, aquatic class and gym

\$55/month- Seniors 65 or older

One time \$40 Registration Fee for new participants.

