

Your Health Comes First

At **Pemi-Baker Aquatic & Fitness**, we believe that your health and well-being is important. We can help you realize your health goals, whether they are to achieve your goal weight, manage stress, improve bone density, or simply feel your best. We are here to support you while you work toward your personal wellness goals. Stop in or give us a call to see how you can get started.

Payment

Check with the front desk to see if your insurance company pays for classes and activities.

Hours of Operation

Mon & Wed 6 am – 7 pm
Tues, Thurs, Fri 6 am – 6 pm
Saturdays 8 am – 12 noon



PEMI-BAKER
COMMUNITY HEALTH

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Pemi-Baker Community Health touches lives: yours, your family's, your neighbor's

PBCH is dedicated to improving the health and wellbeing of the community by providing excellence in health care services through outreach, in-home and facility-based programming.

Pemi-Baker Home Health

We provide professional health care in the home setting. Home care helps patients achieve and maintain health, function, and comfort after illnesses, surgeries, and injuries, and is available for all ages and needs.

Pemi-Baker Hospice

Hospice provides comfort and support for those who are facing a life-limiting illness. Our compassionate care promotes dignity and affirms quality of life for the patient, family members, and their loved ones.

Pemi-Baker Rehab Therapies

Our skilled physical, occupational and speech therapists work one on one with patients recovering from an injury or illness, suffering from a chronic condition to move your body to a position of strength.



*Health & Fitness,
two important
ingredients in the
recipe of life*

PEMI-BAKER
AQUATIC & FITNESS

The Pemi-Baker Aquatic Fitness Difference

Aquatic exercise program is beneficial for a variety of medical conditions. The physical properties of water assist with increasing energy, strength, and flexibility while releasing stress and tension.

- Warm aquatic setting eases pain as it relaxes tense muscles and improves circulation
People with muscle spasms, back pain, arthritis and fibromyalgia find this aspect of aquatic exercise especially therapeutic.
- Provides resistance to motion
Using resistance coupled with the water's buoyancy allows a person to strengthen muscle groups with decreased joint stress that cannot be experienced on land.
- Buoyancy counteracts gravity and reduces the weight placed on joints and the spine
This aspect of aquatic exercise is especially useful for patients with arthritis, healing fractured bones, or who are overweight.

Maximize your health and wellness

Take care of yourself

Be a healthier you

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!

Ai Chi

"Flowing Aquatic Energy"

A slow moving exercise intended to increase general mobility, Ai Chi creates balance, harmony and healing. Through water stretching it produces a uniquely stress reducing and therapeutic experience. Class combines diaphragmatic breathing with slow, broad, circular movements of arms, legs and torso to improve strength, balance, and muscle control.

Joint Smart

This class focuses on total body fitness, incorporating balance, toning, flexibility and resistance training without harmful impact to your joints. Pilates activities are adapted in the water to strengthen core and improve flexibility.



Rates

Pool/Gym/Aquatic Memberships

\$55/month – unlimited visits

Seniors 65 or older – 10% discount

Quarterly payment – 5% discount

Pool, gym and classes all in one price/month

Aqua Assistants

\$100/month + membership fee

For those who wish to schedule assistance in the pool

Fitness Screening

\$50.00

Required prior to beginning a fitness program

Personal Training

\$30/half hour

To help you make the most of your workout

Drop-in Rate

\$10.00/per day

Our pool features a variety of depths and steps with handrails or a hydraulic chair lift for easy access. You do not need to know how to swim to participate in aquatic exercise.

*All memberships are non-refundable
and non-transferable.*

Rates and dates are subject to change.