



**Who Does It Help?**

- Arthritis
- Spinal Pain
- Athletic Injuries
- Joint Replacement
- Pregnancy
- Chronic Pain Syndromes
- Orthopedic Injuries

**Physical Benefits of Aquatic Fitness and Therapy Include:**

- ◆ Increased Circulation
- ◆ Improved Blood Pressure and Lung Capacity
- ◆ Increased Flexibility, Muscle Strength and Endurance
- ◆ Improved Fat Burning
- ◆ Enhanced Mobility, Coordination and Balance
- ◆ Improved Bone Health
- ◆ Cardiovascular Training
- ◆ ??????



# Let us Introduce Ourselves and Show You What We Have to Offer

**Individuals.....**

*Are you looking to lose weight in a safe and friendly environment?*

*Are you wanting to keep active, but find its hard on your joints to do classes on land?*

**Give us a call.** Our **Membership Specialist** can help you find the right classes for you and assist you in connecting to a personal trainer that can work with you in the water.

**Medical Practitioners.....**

*Are you a physician looking to encourage your patients to lose weight prior to surgery or for their general overall health?*

*Are you a physical therapist that knows that for your client the pool is the best place for them in their next step of recovery or renewal?*

**Give us a call.** We can send our **Corporate Liason** to you to discuss the options or arrange for a personalized tour and discussion of what we have available!

Contact us at  
**360-435-9404**

or on the web at [www.sacfitlife.com](http://www.sacfitlife.com)



**Your Neighborhood  
Aqua Fitness &  
Therapy Facility!**

“The results of my recovery after surgery surprised myself and my physician. The SAC staff was supportive the whole time.”

**Jeanie Penfield**

4417 172nd Street NE  
Arlington, WA 98223





*Old, young and all ages  
in between can find  
something to do in the  
pool!*

### Our Friendly, Knowledgeable Staff

**Questions? Give us a call (360-435-9404) or Email**

Membership.....membership@sacfitlife.com  
Corporate Liason.....programs@sacfitlife.com  
Fitness Director.....fitness@sacfitlife.com

**Our Aqua Personal Trainers**

Sheryl Engstrom.....(425) XXX-XXXX  
Aria Durkee.....(425) XXX-XXXX  
LaRae.....(425) XXX-XXXX  
Leslie Sutherland.....(425) XXX-XXXX

# Looking For a Place to Renew and Rejuvenate

### Why Water?

Aquatic therapy and fitness is a beneficial form of exercise that is useful for a array of medical conditions. It uses the physical properties of water to assist in patient healing and exercise performance.

The natural buoyancy provided by water assists in supporting the weight of the individual. This decreases the amount of weight bearing which reduces the stress placed on the joints. By decreasing the amount of stress on the joints it is easier and less painful to perform exercises.

This aspect of aquatic therapy and fitness is especially useful for individuals with arthritis, healing fractured bones, who are overweight or in the second half of their pregnancy.

The viscosity of water also provides an excellent source of resistance that allows for muscle strengthening without the need of weights.

Using resistance coupled with the water's buoyancy allows a person to strengthen muscle groups with decreased joint stress that can not be experienced on land.

### Aquatic Physical Therapy

Partnered with multiple local first rate physical therapist firms, our pool sets aside an hour every weekday for Physical Therapy Only time. All our lanes are removed and only those working directly with a physical therapist are allowed to use the pool. Contact our **Corporate Liason** for a list of those firms who use our facility.

### Aqua Fitness Classes

Taught by knowledgeable certified instructors, these classes are available several times a day. All of our instructors can assist in adjusting the work out to your level. You can set up a time with our training staff to go over which classes would be suggested based on you or our physicians recommendations.

### Personal Trainers

We have multiple personal trainers who are available to work directly with you or your patients. Many of our staff specialize in those working to recover from injury, are looking to lose weight and gain muscle strength. **Yada Yada**

**Yada.....**  
**.....**

Contact our **Fitness Director** for additional guidance and suggestions.

### On Your Own

We have over hours of Lap Swim time where a Water Walker Lane as well as Lap Swim Lanes are available for all our members. On deck we have an aqua fitness step, buoys, noodles, buoyancy belts and kickboard available for use as well. Give yourself some variety and mix it up a little!

### What do we have available?

- ◆ Easy Access stairs with support railing and a maximum pool depth of 4 1/2 feet.
- ◆ Four lanes, 20 yards in length with easy to remove lane lines
- ◆ Aqua equipment on deck and available at all time with additional equipment available per request.
- ◆ Our pool is indoors and kept at a comfortable 86°.
- ◆ A hot tub with support railing and low entry stairs is kept at 102°.

### Memberships Available Include:

- ◆ Single/Couple/Family/Senior rates.
- ◆ We are a *Silver Sneakers/Prime/Silver&Fit* Facility
- ◆ 3 Month Temporary Memberships for Physical Therapy/Pre-Natal Wellness (physician release required).

