Messiah Lifeways Wellness provides adults 55 and better access to the Aquatic Center, Strength Training Studio, Fitness Studio, and aquatic and exercise classes in the Center for Vitality and Wellness on the Messiah Village campus in Mechanicsburg, PA.

Messiah Lifeways® Wellness is open to the community and Messiah Village residents, offering a variety of wellness and fitness opportunities to help members stay healthy and active. Individual and group fitness is provided by certified personal trainers and aquatic instructors that can assist members in achieving their fitness goals. Different membership types are available including health insurance memberships for those with insurances that participate in SilverSneakers®, Silver&Fit®, and Fitness Your Way®/Prime℠.

Aquatic Center
The Aquatic Center features a warm saltwater pool with water temperatures of 86-90 degrees, meeting the Arthritis Foundation® guidelines for persons with arthritis or orthopedic problems. Members can also relax in our therapeutic hot tub!

The aquatic programs are designed to restore and maintain health and function. A variety of classes and individual opportunities are available including:

- Water Walking
- Lap Swimming
- Aquacise Classes
- Open Swim/Family Swim
- Water Volleyball
- SilverSplash®
FEES
The pool, Strength Training Studio, and all exercise and aquatic classes are available to Messiah Village residents and team members at no charge.

*Community Membership Options:
All new community members who join the Wellness Center will be charged a one-time fob fee of $30.

- **Monthly Membership** ...................... $45
  Includes use of pool, Strength Training Studio, and all aquatic and fitness classes.

- **Health Insurance Membership** .......... $0
  Includes use of pool, Strength Training Studio, and all aquatic and fitness classes.
  Participating insurance companies:
  - SilverSneakers®
  - Prime™
  - Fitness Your Way®
  - Silver & Fit®

- **Pay-As-You-Go Membership** .......... $50
  10 visits to the pool, Strength Training Studio, or aquatic and fitness classes.
  For more details, call 717.591.7222.

Additional options not included with membership:
- **30 & 45 Minute Personal Training Sessions** .......... call for rates

* All new members will receive orientation
** Electronic payment only

Effective July 1, 2019

Strength Training Studio
The Studio is equipped with KEISER® AIR strength training equipment for a full-body workout. KEISER AIR uses the force of compressed air to create resistance. It is easy to control and adjust to produce consistent, controlled resistance that allows for a beneficial strength training routine. Free weights and cable weights are also available.

The Studio offers SCIFIT® cardio equipment for safe and effective cardiovascular workouts including:
- Treadmills
- Elliptical machines
- Recumbent and upright exercise bikes
- Recumbent steppers

Fitness Studio
The Fitness Studio features state-of-the-art shock absorption anti-slip flooring, which is gentle on joints and reduces injury for members participating in various fitness classes.

Messiah Lifeways welcomes all regardless of race, color, religion, sex, familial status, disability, or national origin.