



- Full time Instructor to guide and support each individuals exercise regimen
- Full size pool with optional mechanical current for lap swimming
- Spa Pool for relaxation and muscle fatigue
- Large Exercise Room fully equipped with hand weights, exercise balls and more.
- Weight Training Room with state of the art exercise equipment.
- Structured & fun classes such as Pilates, Gentle Yoga, Strength & Balance, Cardio & Core and Aqua Aerobics.

*Welcome to the
Emerson Wellness and
Clark Aquatic Center*

Pierce County's first **GREEN** Wellness Center!

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Tacoma Lutheran Retirement Community

