



**Flohr Pools**

*Visit One of Our 3 Showrooms*

**CHAMBERSBURG • HAGERSTOWN • MARTINSBURG**

**[www.flohrpools.com](http://www.flohrpools.com)**



# VISION

To make every day better for our clients through the transformative effects of water.

# MISSION

To improve quality of life, by providing the best selection of hydrotherapy products.

# VALUE

Wellness consultants focusing on a new way of life through water.

**For Superior Design & Commitment  
Choose**

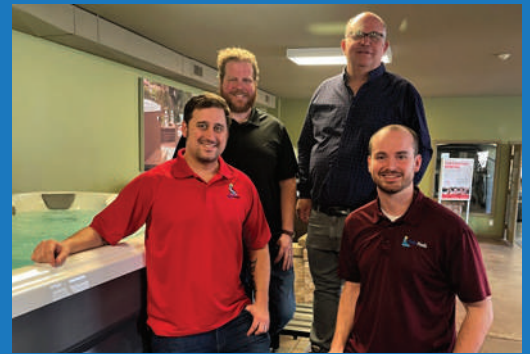


# Flohr Pools

Family Owned and Operated, Flohr Pools was established in 1968 when our owner discovered a need for reliable pool construction in the area. With over 55 years in business and three retail locations in Chambersburg, Martinsburg and Hagerstown, Flohr Pools provides quality pool construction, trustworthy pool and spa service, chemicals and accessories.

Our products and services include in-ground pool construction, above ground pool installation and a

complete line of hot tubs and swim spas. With decades of experience, knowledge and integrity, you can count on the professionals at Flohr Pools for all of your pool and spa needs.



**Chambersburg Team**



**Hagerstown Team**



**Martinsburg Team**



***Providing Wellness for 55 Years!***







# **WATER** **WELLNESS** is a *Lifestyle*

*“ I suffer from social anxiety, and going to public pools has always paralyzed me. I would have to wake up crazy early or go in really late to avoid crowds. It started to take a toll on me. Last year I ended up buying my own pool, and I have never been happier! ”*

*“ My arthritis has made it hard to move around, however using my pool has been a lifesaver! The water has taken the pressure off my joints, making it easier to exercise! I used to fear moving around due to the pain my arthritis has caused in my joints, but now I can move around and enjoy my life like I did when I was younger! ”*

In recent years, the reasons for investing in a swimming pool, hot tub or swim spa have become amplified as individuals and families are taking their health more seriously and focusing on reconnecting with family and friends in a safe and friendly environment. Time in water does boost energy, improve physical well-being, and renew a positive mental outlook. Water helps relieve your body's aches and pains and allows you to reconnect with the great outdoors. Flohr Pools customers have provided us with incredible stories of the benefits of their “Water Wellness Lifestyle” and their satisfaction with their purchase. Our focus is to learn more about your specific interest in our products, share our customers' experiences and help you enhance your life through the purchase of a “Water Wellness” product from Flohr Pools.

**Visit one of our showrooms!**





# WATER *Wellness*

## Hydrotherapy

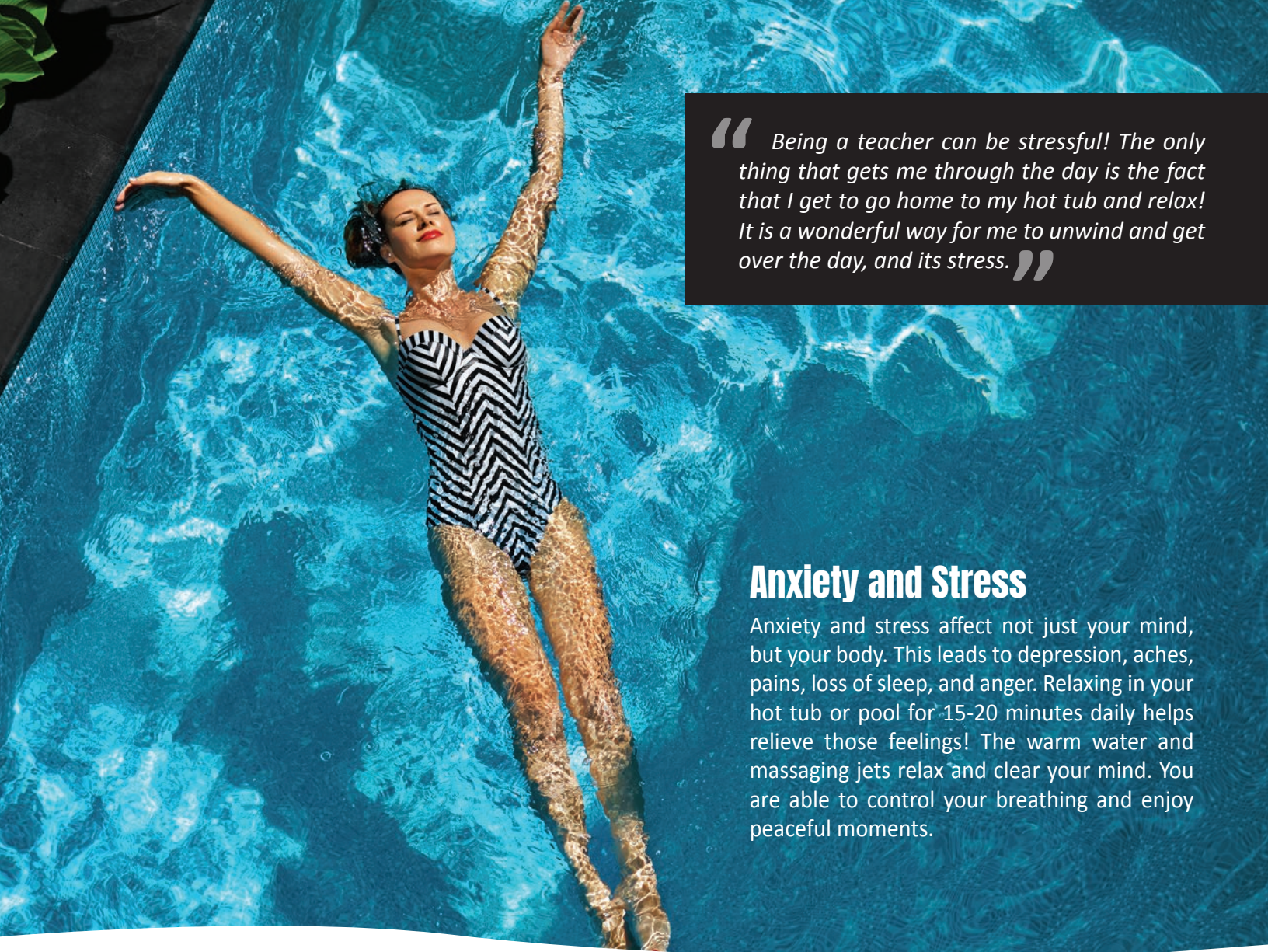
Hydrotherapy is any method that uses water to treat a variety of symptoms throughout your body. It's primarily used to relieve pain, stiffness and mental issues and dates back thousands of years. In ancient Greece, elaborate structures, such as hospitals, were built around natural hot springs. Roman soldiers used these hot wells to recover from the physical and emotional wounds of battle, allowing the warm water to relax their muscles and clear their minds. The Egyptians placed hot rocks into water to aid in relaxation and ease pain.

Today, our goals of pain relief, stress reduction and relaxation are the same, but our hydrotherapy practices have been refined with hot tubs, swim spas and swimming pools that complement our modern lifestyles.

*“My husband and I are both ER nurses. We have crazy hours, that are both physically and emotionally hard on us. We barely get to see each other, and when we do, we like to make it count. Getting into our hot tub together guarantees some “us time”! We are able to put our day behind us, and connect without any distractions. Having our hot tub has brought us closer together.”*







“ Being a teacher can be stressful! The only thing that gets me through the day is the fact that I get to go home to my hot tub and relax! It is a wonderful way for me to unwind and get over the day, and its stress. ”

## Anxiety and Stress

Anxiety and stress affect not just your mind, but your body. This leads to depression, aches, pains, loss of sleep, and anger. Relaxing in your hot tub or pool for 15-20 minutes daily helps relieve those feelings! The warm water and massaging jets relax and clear your mind. You are able to control your breathing and enjoy peaceful moments.



## Better Sleep

The lack of a proper night's sleep can cause feelings of stress, anxiety, and lower motivation for the next day. By relaxing in your hot tub or pool for a short period of time before you go to bed can help break that bad sleep cycle. Hydrotherapy can improve your circadian rhythm and is a natural way to signal to your body it is time for rest.



## Helps Your Overall Mood

Soaking in your hot tub or relaxing in your pool puts you in a better mood! On days you can't get to the gym to work out your frustrations, relaxing in the water helps you unwind from your day and release stress.

**Take your relaxation to the next level.**





***Turn your backyard into your very own oasis and getaway!***

“ Family time is very important to my wife and me. We have two teenagers, who are both involved in sports and after school activities. My wife and I both work full time jobs. When we get home, we are all usually back on the go and have little to no time to spend together. So we made a point that every Sunday before the week begins, we would get into our hot tub as a family! It is the time we can put our phones down and connect! Our kids always look forward to it and we always learn so much from them and what they are doing. There is also the added bonus of massaging jets and warm water to keep all of us comfortable. ”



# FAMILY TIME

Whether you favor quiet water relaxation or enjoy socializing with friends and family, a pool or hot tub will be your “destination” at the end of the work day, on evenings and weekends! It’s a perfect location to spend time together outdoors, to host birthday parties, family celebrations and milestones that bring your family together. And it’s only a moment away in your backyard. Even when you might only have a short window of time, spending just 20-30 minutes in the water will improve your mental outlook and help you unwind after a busy day. Or if you don’t feel like packing up or making a big dinner, a picnic by the pool can quickly become special and fun for everyone!

*There is nothing like escaping the stress and tension of life at the end of the working day. Whether you’re a high-level company director or a busy parent at home, you need time to unwind, relax and refresh. Swimming offers the chance to do just that...to escape, get therapeutic exercise and enjoy some time away from the frantic pace of the day. Let your mind wander and your worries melt away, while you cruise through the water at your own speed, enjoying the health and wellness benefits of your new pool! Just what the doctor ordered!*

**Adds Fun &  
Entertainment  
to Your  
Backyard  
Space.**







# **WATER** **WELLNESS** is a *Lifestyle*

Working out in a pool or swim spa is beneficial for your body. Submerging yourself in water takes weight and pressure off of your joints and muscles, allowing a smoother exercise routine that achieves great results with less impact. When you complete your water-based workout, you'll notice much less pain and soreness the next day than you do with weight room exercise or outdoor running. This is mainly due to the water's ability to minimize the amount of compression and force that your body absorbs with typical exercise.







## RESISTANCE TRAINING BENEFITS

### Strengthen Muscles

Thanks to the greater resistance of water, you are able to strengthen your muscles! Exercise in water takes the pain and pressure off sore muscles!

### Increase Flexibility

A body subjected to underwater resistance during water aerobics or exercise becomes weightless. That feeling takes pressure off joints making exercise easier and increasing range of motion for workouts.

#### CAUTION!



Talk with your doctor before using a hot tub if you have heart issues!



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# SWIMMING

Swimming is a fantastic exercise that works out every muscle in your body! The repetitive nature of movement in the water improves relaxation.

Exercising in water has many additional benefits. It improves strength and muscular endurance, cardiovascular fitness, range of motion, and well-being.



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*“Hi! I am Dr. Jones, and my job can be very stressful! When I come home from the office, the last thing I want to do is go to the gym with a bunch of people. So, I have started doing laps in my pool, and I get the same effects from working out in my pool as I would if I were at a gym! I have even started to tell my patients about using a pool for easier workouts! They have all come back happy and feeling healthier. The practice of water wellness is important and I will always suggest it.”*





## Cool Exercise for Kids

Our kids are growing up in a world of video games, television, computers and electronic devices...none of which promote physical activity or exercise. However, having a swimming pool gets kids excited to be outdoors and in the water. A swimming pool cuts through those technology distractions! Kids love swimming pools and will play for hours outdoors and in the water with friends and family, staying active and being in constant motion!

*“ I used to use my pool all the time, until I was in an accident. I lost a leg and didn't feel like myself anymore. I was feeling down and hated going to the physical therapist. My exercises were harder than what I thought. My doctor told me about his pool and how it could help me with my recovery. I told him I had a pool, and he pushed me to start using it. At first, I struggled. I was physically and emotionally over everything that happened. When I got into the pool and all the weight was taken off, I was able to do my recovery exercises. Now, I am full-on swimming and the pool is the only place I feel normal. My doctor saved my life by encouraging me to use my pool again! ”*



**Your new backyard lifestyle awaits!**





## STRESS & MINDFULNESS



Swimming is the best exercise for muscle recovery, joint strengthening, resistance training and injury rehabilitation. The buoyancy of the water offers optimal relief for your muscles, bones and joints. The intensity of the exercise is entirely up to you, and can be structured to cater to your recovery needs.

Resistance training programs and rehabilitation exercises can be structured for swim spas and pools: the flow of the water helps muscles strengthen, injuries heal, and blood flow improves. In addition, hot tubs help with soreness and tightness in muscles and pain in your joints, and are fitted with powerful, soothing jets to target specific areas.



## Reduces Stress

Water allows you to disconnect from daily life! In a world where we're "over-connected", exercising and relaxing in the natural elements of water helps with mental clarity, personal goal setting and relaxation. Implementing a water-based exercise routine of swimming laps, resistance training and muscle strengthening is proven to reduce stress and improve fitness, self-esteem and daily productivity.

## Get In The Great Outdoors

Spending too much time inside, in the office, or on the couch? A family hot tub, swimming pool or swim spa could be the answer! We can focus on fun with our family, reconnect with friends and allow our outdoor water environment to embrace us, helping us clear the clutter in our "every-day minds".

Also, It's a proven fact that we breathe better when we're in the water, swimming and enjoying the outdoors. We breathe more deeply, draw more air into our lungs and bring more oxygen to our cells, which increases our energy level. The combination of water, the great outdoors and connecting with others is the most natural environment for human beings...our bodies, minds and spirits benefit from it!



If you are pregnant and dealing with back pain, leg pain or other discomfort, a pool or swim spa can be your best friend! Water relieves pressure and the feeling of extra weight, making maternity exercise easier. Also moving in water increases your blood circulation and the baby's oxygenation, which is good for you and your baby's strength and helps ensure a healthier pregnancy.



*“ I am a first time mother-to-be! We are very excited to invite our baby girl into the world! The only thing is pregnancy has been hard on my body. We own a pool, and I have been a little hesitant about getting in, due to not feeling like myself. My sister, who is a mom of two, encouraged me to get in, saying I would feel great. Boy, was she right! For the first time in my pregnancy, I felt like myself. The water took the weight of the baby off my body and I was able to move around better! I was able to stay active by swimming more. My husband would join me and we made it something to do every night. And with the swimming around, I was able to fall asleep quicker due to being more relaxed! This was a wonderful way to spend my pregnancy and I would encourage all expecting mothers to do the same! ”*





# ANIMALS & WATER

## Wellness



Aquatic therapy is also useful for swollen joints or limbs, and other tissues that are retaining fluid. The water pressure reduces swelling and provides stimulation to the nerve receptors in the skin. This stimulation decreases the animal's pain perception and allows him to exercise with considerably less discomfort.



“Both my dog and I have arthritis. I use my pool all the time and I love how the hydrotherapy helps with my aching joints. I spoke with her vet and she said that swimming is a great way for her to exercise and feel better. So now we swim together and she has started moving around and playing more! It's like she's a puppy again.”

**Your new backyard lifestyle awaits!**



# HEALING

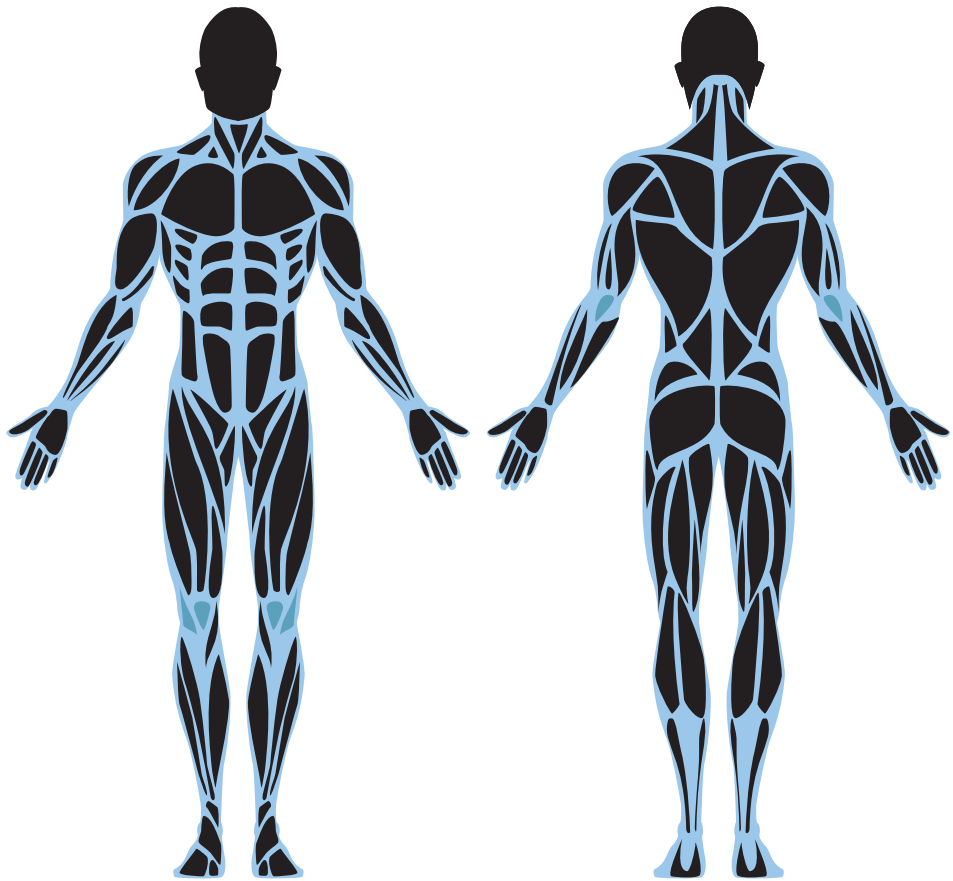
Regular soaking in a hot tub may provide several health benefits, such as muscle relaxation, pain relief, and improved sleep.

Soaking in a hot tub may relieve some types of pain by relaxing tense muscles, joints, and tendons.

If you have arthritis, the heat and massaging action may help ease the stiffness and inflammation that cause pain.

Water supports your body and takes weight off joints, which helps improve flexibility and range of motion.

Flohr Pools specializes in demonstrating specific pools, hot tubs and swim spas that help our customers with pain management, muscle relaxation and injury recovery. Though we're not medical professionals, we welcome anyone visiting our showrooms to use the diagram above to show us the specific areas or muscle groups that are experiencing tension, tightness, fatigue, or in a specific stage of injury recovery. We can recommend specific swimming exercises and also show how specific swim spa and hot tub jets, contours and equipment can help alleviate your pain and bring you comfort and "Water Wellness!"



**Flohr Pools**

“My mother had a stroke, and had a difficult time with recovery. She would always complain how painful it was and didn't want to go to the physical therapist anymore. Her physical therapist understood and suggested using a pool their next session. My mother saw improvements that day! She loved going so much that we ended up getting a pool pass so that she could continue to exercise in a pool! What she doesn't know is, this year, we are getting our own pool, so she can stay home and work out!”

“I love playing drums. I am part of a small town band and we are always playing. I thought I was in major trouble when I pulled a muscle in my shoulder! Our singer has an Endless Pool and suggested that I come by and use it to get myself ready for the next gig. A few days of easy swimming, workouts, and relaxing in the spa part, I can play again with no pain! Needless to say, I will be getting my own Endless Pool.”

“I am a senior in high school and an avid golfer. I even got a scholarship! I have notice that my back has been sore, and was worried it would hurt too much to play and I'd lose everything! I said something to my dad and told me to start using our hot tub nightly. Ever since I started using it, my back has been feeling better! And I'm even playing better too! Our hot tub was a lifesaver!”





*Flohr Pools welcomes you to Water Wellness. Respect water when it comes to safety. Follow all governmental guidelines, sensible use considerations, and instructions when planning, setting up, and using your project.*

**Chambersburg Showroom  
& Main Office**

1350 Lincoln Way East  
Chambersburg, PA 17202  
717-264-4373  
PA HI License 000626

**Hagerstown Showroom**

1406 Oak Ridge Place  
(Corner of Oak Ridge Drive)  
Hagerstown, MD 21740  
301-791-3400  
MD HI License 7109

**Martinsburg Showroom**

1230 Winchester Avenue  
(Route 11 South)  
Martinsburg, WV 25405  
304-263-0985  
WV HI License 001547 &  
VA HI License 2705004771



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