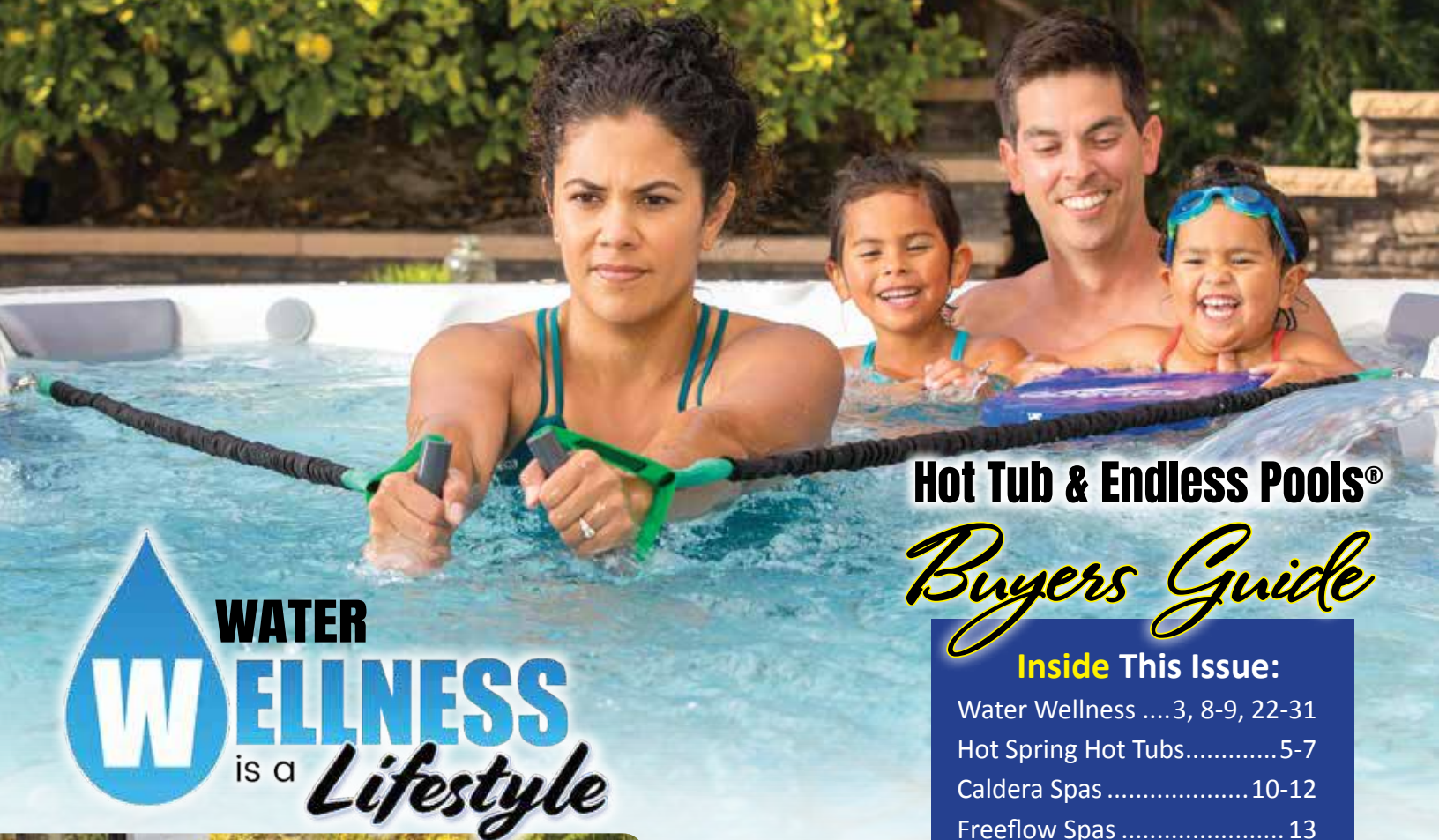


Flohr Pools



Hot Tub & Endless Pools®

Buyers Guide

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Flohr Pools

Visit One of Our 3 Showrooms:

Chambersburg Showroom & Main Office

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

Hagerstown Showroom

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

Martinsburg Showroom

1230 Winchester Avenue
(Route 11 South)
Martinsburg, WV 25405
304-263-0985

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 56 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 Location
HI License PA 000626



Hagerstown Location
HI License MD 7109



Martinsburg Location
HI License WV 001547 &
HI License VA 2705004771



Providing Wellness for 56 Years!





WATER **WELLNESS** is a *Lifestyle*

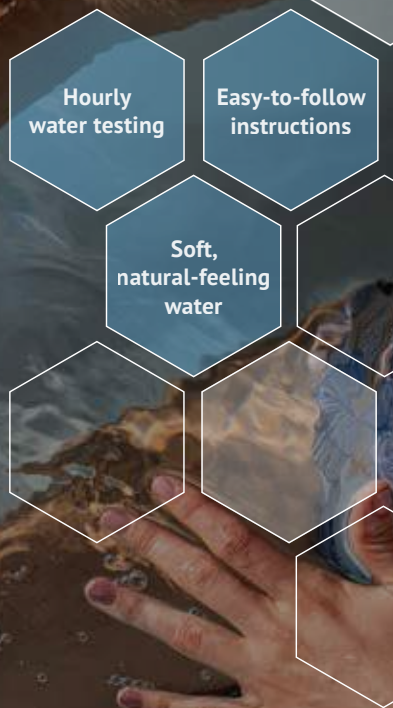
Provides Exercise and Increases Energy
Strengthens Muscles and Heart
Improves Blood Flow and Cardiovascular Fitness
Reduces Back and Joint Pain
Reduces Swelling, Soreness and Arthritis
Increases Flexibility and Range of Motion
Improves Family Interaction and Relationships
Increases Time Outdoors
Improves Relaxation
Reduces Stress, Tension and Anxiety
Improves Overall Mood and Mental Health
Promotes Better Sleep
Helps with Injury Prevention and Rehabilitation

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!

freshwater[®] IQ

The most intelligent salt system on the planet.



What is FreshWater IQ?

FreshWater IQ is a combination of innovations: FreshWater Salt and FreshWater Smart Monitoring Systems. FreshWater IQ combines the gentle cleaning power of a salt system with our patented IQ technology to deliver cleaner, fresher water with less time and effort.

freshwater[®]
Salt System

The FreshWater Salt System gently cleans the water without any harsh odors or chemicals that could bother eyes or skin, while the FreshWater Smart Monitoring System uses breakthrough technology to test the spa water every hour. It then tells the user what's needed to maintain clean, clear and balanced water.



Available on Select HotSpring[®] Spas and Select CalderaSpas[®].



Hot Spring Freshwater IQ



SMARTER

Automatically tests your water every hour!



SIMPLER

Easy to follow on screen recommendations!

The Smart Monitoring System readings are displayed on the spa's topside control panel within the water care section.



CLEANER

Salt water without bypass filtration!



BETTER

The most comprehensive water care system available!



GRANDEE®*

- Seats 7 adults
- 8'4" x 7'7" x 38"
- 49 Jets



ENVOY®*

- Seats 5 adults
- 8'4" x 7'7" x 38"
- 55 Jets



VANGUARD®*

- Seats 6 adults
- 7'3" x 7'3" x 36"
- 42 Jets



ARIA®

- Seats 5 adults
- 7'3" x 7'3" x 36"
- 42 Jets



SOVEREIGN®

- Seats 5 adults
- 6'8" x 7'9" x 33"
- 32 Jets



PRODIGY®

- Seats 5 adults
- 7' x 6'6" x 33"
- 28 Jets



JETSETTER® LX

- Seats 3 adults
- 7' x 5'8" x 33"
- 30 Jets



JETSETTER®

- Seats 3 adults
- 7' x 5'8" x 33"
- 22 Jets

CABINET COLORS:



Blackwood



Charcoal



Linen



Brushed Nickel



Java

SHELL COLORS:



Tuscan Sun



Platinum



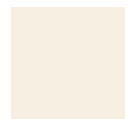
Pebble



Alpine White



Ice Gray



Ivory

Our best to unleash your best. Legendary massage, leading energy efficiency, and crystal clear water for the ultimate hydrotherapy experience.

freshwater® IQ





PRISM™

- Seats 7 adults
- 9'2" x 7'7" x 38"
- 73 Jets



PULSE®

- Seats 7 adults
- 7'5" x 7'5" x 38"
- 49 Jets



FLAIR®*

- Seats 6 adults
- 7' x 7' x 36"
- 43 Jets



FLASH™

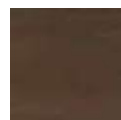
- Seats 7 adults
- 7' x 7' x 36"
- 41 Jets



BEAM™

- Seats 4 adults
- 6'8" x 6'8" x 33"
- 19 Jets

CABINET COLORS:



Espresso



Sable



Coastal Gray

SHELL COLORS:



Tuscan Sun



Platinum



Desert



Ice Gray



Alpine White

freshwater® IQ
The FreshWater IQ Salt System
is optional on all Limelight Models.



Hot Spot Collection



RHYTHM®

- Seats 7 adults
- 7' x 7' x 36"
- 40 Jets



RELAY®*

- Seats 6 adults
- 7' x 7' x 36"
- 40 Jets

CABINET COLORS:



Havana



Storm



Almond

SHELL COLORS:



Tuscan Sun



Pebble



Pearl



Alpine White



PACE™

- Seats 5 adults
- 6'10" x 6'10" x 33"
- 24 Jets



STRIDE®

- Seats 3 adults
- 7' x 5'5" x 29"
- 20 Jets



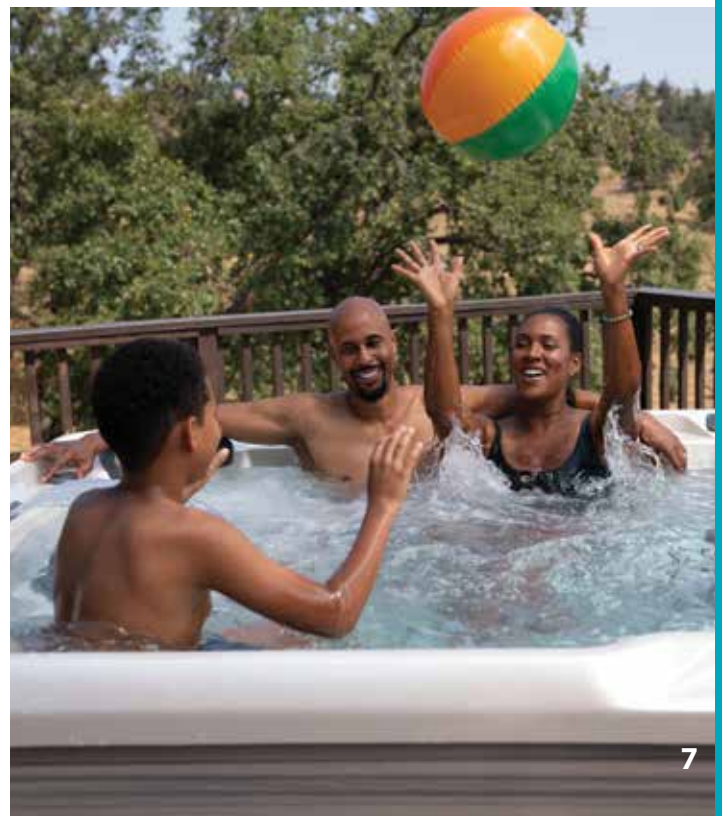
SX

- Seats 3 adults
- 6' x 6'5" x 33"
- 18 Jets



TX

- Seats 2 adults
- 6' x 6' x 29"
- 11 Jets





WATER Wellness

“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.”

History of 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.





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.

Turn your backyard into your very own oasis and getaway!

“ 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 hot tub, and I have never been happier! ”

“ My arthritis has made it hard to move around, however using my Endless 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! ”



Utopia Series



GENEVA®*

- Seats 6 adults
- 7'5" x 7'5" x 38"
- 55 Jets

CANTABRIA®

- Seats 8 adults
- 9' x 7'7" x 38"
- 74 Jets

NIAGARA®

- Seats 7 adults
- 7'5" x 7'5" x 38"
- 52 Jets



TAHITIAN®

- Seats 6 adults
- 7' x 7' x 36"
- 48 Jets

FLORENCE®

- Seats 6 adults
- 7' x 7' x 36"
- 46 Jets



RAVELLO™

- Seats 3 adults
- 7' x 5'6" x 33"
- 39 Jets



CALDERA



freshwater® IQ

CABINET COLORS:



PARCHMENT
with Aspen



ASH
with Medium Oak



JAVA
with Dark Oak

SHELL COLORS:



ARCTIC
WHITE



WHITE
PEARL



TUSCAN
SUN



MIDNIGHT
CANYON



PLATINUM*



Paradise Series



MAKENA®*

- Seats 6 adults
- 7'5" x 7'5" x 36"
- 46 Jets

SALINA®

- Seats 7 adults
- 7'5" x 7'5" x 36"
- 40 Jets

REUNION®

- Seats 7 adults
- 7' x 7' x 36"
- 38 Jets

SEYCHELLES®*

- Seats 6 adults
- 7' x 7' x 36"
- 43 Jets

MARTINIQUE®

- Seats 5 adults
- 7'5" x 6'4" x 34"
- 34 Jets

KAUAI®

- Seats 3 adults
- 7' x 5'5" x 29.5"
- 31 Jets

CABINET COLORS:



PARCHMENT
with Aspen and Light
Copper Accent



ASH
with Medium Oak and
Brushed Nickel Accent



JAVA
with Dark Oak and
Dark Copper Accent

SHELL COLORS:



ARCTIC
WHITE



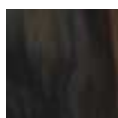
WHITE
PEARL



DESERT



TUSCAN
SUN



MIDNIGHT
CANYON

freshwater® IQ

The FreshWater IQ Salt System
is optional on all Paradise Models.



Vacanza Series



PALATINO®

- Seats 6 adults
- 7'5" x 7'5" x 38.5"
- 45 Jets



MARINO®

- Seats 6 adults
- 7' x 7' x 36"
- 35 Jets



VANTO®

- Seats 7 adults
- 7' x 7' x 36"
- 35 Jets



TARINO®

- Seats 5 adults
- 6'10" x 6'10" x 33"
- 23 Jets



CELIO®

- Seats 3 adults
- 7' x 5'5" x 29"
- 18 Jets



AVENTINE®

- Seats 2 adults
- 5'4" x 5'4" x 29"
- 14 Jets



Limited to Arctic White or Desert Shell Colors



CABINET COLORS:



PARCHMENT



ASH



JAVA

SHELL COLORS:



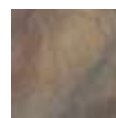
ARCTIC
WHITE*



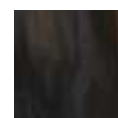
WHITE
PEARL



DESERT*



TUSCAN
SUN



MIDNIGHT
CANYON

FREEFLOW SPAS[®]

LIVE, RELAX AND ENJOY.™

Soak tonight!



AZURE™

- Seats 4 adults
- 6'8" x 5'3" x 33"
- 19 Jets



EXCURSION®

- Seats 5 adults
- 7'2" x 6'5" x 33"
- 25 Jets



MONTEREY™

- Seats 7 adults
- 7'3" x 6'5" x 34"
- 22 Jets



CASCINA®

- Seats 4 adults
- 5'10" x 5'4" x 33"
- 17 Jets



MINI™

- Seats 2 adults
- 6' x 3'11" x 29"
- 10 Jets



TRISTAR™

- Seats 2 adults
- 5'10" x 5'10" x 31"
- 17 Jets

*Using a typical 110v outlet,
you can use Plug-n-Play
models just about anywhere!*

COLOR OPTION:



Taupe



F
R
E
E
F
L
O
W

Accessories

A. SPA SIDE UMBRELLA

Bring shade to your spa with a 360° rotatable spa side umbrella. Constructed from powder-coated aluminum and zinc-plated steel, this umbrella is rust resistant with a base plate under the spa cabinet for stability. The 9'9" diameter canopy is available in Crème or Navy Blue.

B. SPA SIDE TOWEL TREE

Keep your towel within reach with this easy-to-assemble towel tree, constructed from powder-coated aluminum with a bronze finish that makes a stylish and convenient addition to your backyard.



C. SPA SIDE STEPS

#270 Black Poly Steps



D. SPA SIDE HANDRAIL

This handrail's base plate slips securely under the spa cabinet for stability, and swings in and out of your spa, making it easy to reach when entering and exiting the spa. It also features a battery-powered LED light for added convenience and safety at night.



*Hot Spot Pace Alpine White
Havana Wet Umbrella*



Covers



LIFT 'N GLIDE® COVER LIFTER

Requires 14" of clearance
Uses a gliding action to help you easily remove your spa cover



COVERCRADLE II® COVER LIFTER

Requires 24" of clearance
Features a single pneumatic gas spring, which makes it very easy to lift



COVERCRADLE® COVER LIFTER

Requires 24" of clearance
Dual pneumatic gas shocks and ultra smooth gliding motion



UPRITE® COVER LIFTER

Requires 7" of clearance
Perfect for a small patio or deck

WATER CARE AND WATER TESTING

DID YOU KNOW??

FLOHR POOLS offers FREE WATER TESTING at all 3 of our locations!

We will test your chlorine levels, test for hard water, Bromine, Alkalinity, pH and give you a complete assessment of your water quality while you shop!

Bring Your Sample In Today!



www.flohrpools.com



Spend more time soaking in crystal clear water with proper water maintenance made simple.

The **Ozone System** mixes concentrated ozone bubbles into the water to neutralize contaminants such as lotions, detergents, and organic waste.

Filters are essential to maintaining clean water and ensuring proper performance of your hot tub. Change out your filters every 3 months* for maximum hot tub performance.

**Varies based on usage.*



Ozone System



Filters



Endless Pools® Swim Spas

A SMARTER, MORE VERSATILE
WAY TO LIVE WELL



Designed with your goals in mind, Endless Pools® strives to provide the best experiences, the highest quality, and the latest technology with products that transcend the idea of what home fitness and fun can be.

FUN & FITNESS LIKE YOU'VE
NEVER EXPERIENCED



Swim, splash, relax, recover – all year round, in your convenient and compact Endless Pools® swim spa. The possibilities for exercise, family fun, and entertaining are limited only by your imagination.

UPGRADE YOUR HOME &
YOUR HEALTH



You weigh your home and lifestyle investments with care, and Endless Pools® provides exceptional value for both, with products that exceed your expectations for value, versatility, and ease of use.

GO-ANYWHERE SWIM SPAS
SUIT YOUR STYLE!



Drop our products into your space! Our all-in-one swim spas look great as-is, or can be incorporated into a custom design to blend with your aesthetics. Flexible installation options fit your budget and home – inside or outdoors.

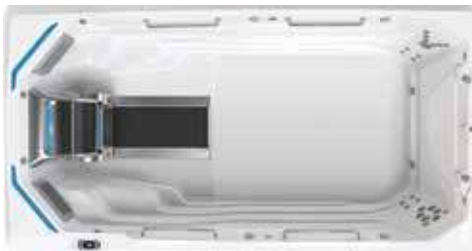
E-Series



E500

Signature Swim Current with Optional Treadmill

- Seats 3 Adults
- 15' L x 89" W x 58"H
- 27 Hydromassage Jets



E550

Signature Swim Current with Optional Treadmill

- 15' L x 94" W x 58"H
- 23 Hydromassage Jets



E700

Signature Swim Current with Optional Treadmill

- Seats 3 Adults
- 17' L x 89" W x 58"H
- 27 Hydromassage Jets



E2000

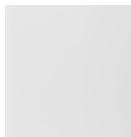
Signature Swim Current with Optional Treadmill

- Seats 6 Adults
- 20' L x 89" W x 58"H
- 36 Hydrotherapy Jets

SHELL COLORS



Ice Gray



Alpine White

CABINET COLORS



Gray



Mocha

with HydrodriveTM Technology



FOR THE ULTIMATE AQUATIC EXPERIENCE

If living well is your top priority, E-Series is designed for you! These premium swim spas combine thoughtful conveniences with modern design, and are the only models that offer premiere Endless Pools® technology like the HydrodriveTM current and (optional) underwater treadmill. Level-up your fitness with a challenging swim or workout, then relax and enjoy the warm water and hydrotherapy seats in any of the E-series swim spas.



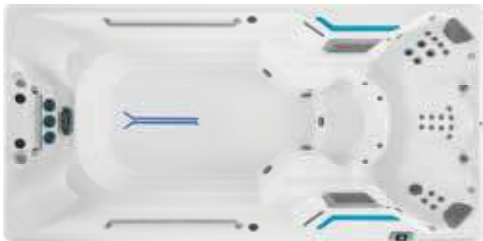
Our premium Hydrodrive current technology.

E-Series Electrical Requirements:

60 amp sub panel provided (w/two 30 amp breakers). See manual for all electrical requirements. Licensed electrician to provide labor and materials.

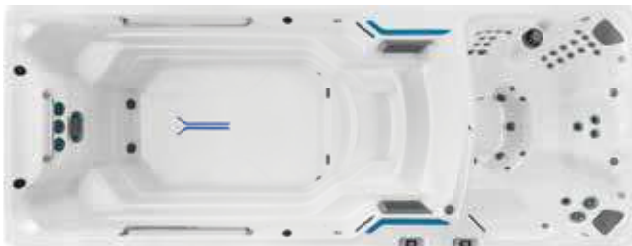
 All units displayed with optional underwater treadmill

X-Series



X500

- Seats 3 Adults
- 15' L x 89" W x 50" H
- 3 Swim Jets
- 1 River Jet
- 27 Hydromassage Jets



X2000

- Seats 6 Adults
- 20' L x 89" W x 58" H
- 3 Swim Jets
- 1 River Jet
- 36 Hydrotherapy Jets

SHELL COLORS



Ice Gray



Alpine White

CABINET COLORS



Gray



Mocha



X-Series Electrical Requirements:
60 amp sub panel provided See manual
for all electrical requirements. Licensed
electrician to provide labor and materials.



SwimCross airless jet current configuration.



with SwimCross® Technology

A BALANCED SOLUTION FOR FUN AND FITNESS

Our practical, versatile X-Series swim spas have everything you need to power up aquatic exercise, recreational swimming, and family fun. The adjustable SwimCross® jetted current provides lift and resistance simultaneously, without the introduction of air, to provide the ideal flow for an invigorating swim or low-impact resistance training, at your pace!



R-Series



R200

- Seats 5 Adults
- 12' L x 89" W x 50" H
- 3 Swim Jets
- 27 Hydromassage Jets



R220

- Seats 9 Adults
- 12' L x 89" W x 50" H
- 3 Swim Jets
- 31 Hydromassage Jets



R500

- Seats 5 Adults
- 15' L x 89" W x 50" H
- 3 Swim Jets
- 27 Hydromassage Jets

R-Series Electrical Requirements:

30 amp sub panel provided See manual for all electrical requirements.

Licensed electrician to provide labor and materials.

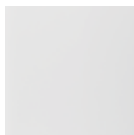


RecSport airless jet current array.

SHELL COLORS



Ice Gray



Alpine White

CABINET COLORS



Gray



Mocha



with RecSport[®] Technology



ENDLESS POOLS QUALITY AT AN AFFORDABLE PRICE

Perfectly suited for those who want to experience the fun and functionality Endless Pools[®] are known for, without breaking the bank. These compact, all-in-one swim spas feature our jetted RecSport[®] current which delivers recreation, exercise, and active family fun. Each model's layout is designed to provide ample seating and space for maximum fun and relaxation!





*A Complete Line of Accessories,
Exercise Equipment and Useful
Space Options to Expand Your
Endless Pools® Paradise!*



RESISTANCE BANDS KIT

Enjoy dozens of resistance and strength training exercises that attach to the anchor points on your Endless Pools® swim spa.



AQUABIKE

Our stationary Aquabike is lightweight, yet stable and ideal for low-medium intensity workouts, without strain on your muscles and joints.



WATER WEIGHTS AND AQUATIC DUMBBELLS

Enjoy Water Aerobic
Exercise in various
weights and colors.



ENDLESS POOLS® SWIM MACHINE

Use the swim current from our patented swim machine jets to practice technique, improve endurance and increase strength.



UNDERWATER TREADMILL

Expand your experience to include more opportunities for weight loss, rehab, pain management and cross-training.





WATKINS COVERS

Maintain heat and reduce evaporation with less exposure to fading and degradation. The Watkins polyester material is easy to clean, offers excellent abrasion resistance and will not absorb water.



UPRITE™ LIFTER SET

Access is a breeze with the Upright™ Lifter Set. You can quickly position the Watkins covers vertically. The set includes two lifters and a spacer kit.

COVERCRADLE® LIFTER

You'll love the ultra-smooth gliding action of this cover lifter's unique design. Using a hydraulic hinge, the CoverCradle® gives you an easy lift assist and extra space.
(Available from select retailers only, not available for installation on equipment side of unit.)

EASY SLIDER® COVER MOUNTS

For weight-free lifting and an unobstructed view, choose the Easy Slider® system. By simply attaching the 'arms' to the cabinet corners, the Easy Slider system does the work for you.
(Not available for installation on equipment side of unit.)

COVERS & LIFTERS



Upright™ Lifter Set



CoverCradle® Lifter



Easy Slider® Cover Mounts

SWIM SPA COVERS



END TO END COVER



WATER **WELLNESS** is a *Lifestyle*

Your "CORE" is the Key

Your "core" is the powerhouse of all of your movements. It consists of your entire torso, with muscles that wrap around your front, back and sides. Weak core muscles can lead to fatigue, lower endurance and more injuries. It also contributes to poor posture, lower back pain and can lead to muscle tear and injury.



Boost Your "CORE" and Your Power

Building abdominal strength through swimming, resistance and other water training exercises can help you perform movements more easily, with greater flexibility and less pain. An Endless Pool® with Swim Current Technology creates natural pressure against your core and helps strengthen your overall balance, stability and posture.



Flohr Pools

www.flohrpools.com

WATER WELLNESS WORKOUTS

5 BENEFITS OF WATER EXERCISE

1. LOW IMPACT ON MUSCLES AND JOINTS

Equipment such as the Endless Pools® optional swim tether and resistance bands, in conjunction with convenient and sturdy handrails provide great support for resistance-training workouts, which effectively increase strength with smooth training exercises that have less strain on muscles and joints.

2. COMPLETE BODY CONDITIONING

Whether swimming against the current or engaging in other water workouts, you increase blood flow and heart strength, which improves endurance and activates the development of multiple muscle groups.

3. LESS INJURY CONCERN

When submerged in water, weight is lifted off your joints and other areas of your body, providing them more opportunity for rest and recovery as opposed to injury and strain.

4. GOOD CARDIOVASCULAR HEALTH


Warm water relaxes your breathing, releases heart and muscle tension, expands your blood vessels, increase your oxygen levels and improves circulation, which allow you to disconnect, relax and recharge.

5. IMPROVED MENTAL HEALTH

Hot Tubs and Endless Pools® can help take away your stress, leaving you relaxed (which can lead to better sleep) and refreshed (allowing your worries to clear), leading to a more positive mindset overall.

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.



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

“ Last year, I began training for my first marathon that I ran in March. I was a seasonal runner, preferring to run more in the spring and the fall, but had to look at more of a year-round commitment as I looked ahead to the 26.2 mile course. With the purchase of our Endless Pool® two years ago, I was able to structure workouts that consisted of regular runs and increasing distance to build my endurance, but also incorporating resistance training with the underwater treadmill, and regulating the current of the water. I was able to strengthen my muscles, better prepare for hills and inclines that I would encounter in my race, and train year-round in the temperature regulated environment of my Endless Pools® swim spa. ”



WATER *Wellness*

Connect with No Distractions

Focus on the warm water and massage jets to relax your mind and connect you with your family in the great outdoors, away from all the stress of the day and demands on your time!

Encourage Conversation

Without the distractions of everyday life, electronic devices, cell phones, the internet, schedules and other activities, family members focus on each other, listening without interruptions, sharing their thoughts and feelings and strengthening their relationships. Your hot tub or Endless Pool® becomes a family gathering place and a safe haven for more open conversation! It's an excellent way for parents and their children to connect, in a relaxed, comfortable atmosphere.



Grandparents/Grandchildren

Experience the sheer joy of watching your grandchildren smile and laugh with you in the water! The bubbles are exciting and it's like playing and relaxing in their own water park or playground!

Step Away... Every Day!

One of great benefits of a hot tub or Endless Pool® in your backyard, is the ability to use it every day, even with your family's busy schedule. As a daily or evening ritual, you can gather everyone in the hot tub, and ask them to share the highlights of their days, or discuss challenges or other topics.



Couples Therapy

Whether it was a long day at work, or you haven't had a chance to spend alone time together, the relaxing, warm water environment is a great way to unwind, reconnect with your loved one and rekindle romance away from your everyday responsibilities! Add soft, colorful lights and aromatherapy candles to enhance your romantic mood!

Bringing Families (*and Friends!*) TOGETHER

(How a Hot Tub or Endless Pool can have a positive impact on your closest relationships!)

The Value & Importance of Family Time

Soaking in a hot tub together creates quality time with people you love and a shared experience that brings families closer together! You can bond and connect in a peaceful environment, enjoying the relaxing benefits of family time in the water, promoting overall family health and your individual well-being.



Connecting as a Family

“With the busy schedule our teenagers have with school, sports and part-time jobs, and our full-time careers, home and family responsibilities, the five of us rarely ever slow down and spend time together. Our new hot tub has plenty of room for all of us and allows us to schedule just a small amount of family time each week, that’s “convenient” and not “overwhelming” to coordinate. We all step outside and get away from the schedule, chores, housework and spend some time catching up with each other, laughing and talking about our days instead of discussing the never-ending “to-do list!” ”

**Add
Family Fun,
Laughter &
Entertainment
to Your
Backyard
Space!**





STRESS & ANXIETY REDUCTION



Warm Water is as Good as a Warm Hug *(Well Almost!)*

Submerging yourself in the warm water of your hot tub provides a gentle compression around your entire body, much like a warm hug helps release “feel-good” endorphins that can calm your system and bring feelings of comfort and relaxation.

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.

Solutions for Anxiety

When soaking in your hot tub, the warm water, jets and waterfall sounds all help to reduce feelings of anxiety and evoke feelings of calmness and tranquility. If you have problems with staggered breathing, nervous shakes and mood swings, time in the water can help! By doing simple exercises, slow relaxing movements or just staying still and letting the massage jets work out your tension, you can reduce your anxiety in your private water sanctuary. ❤️ *If you have a heart condition, consult with your doctor before using a hot tub or swim spa.*

Just Breathe

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 "everyday 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!

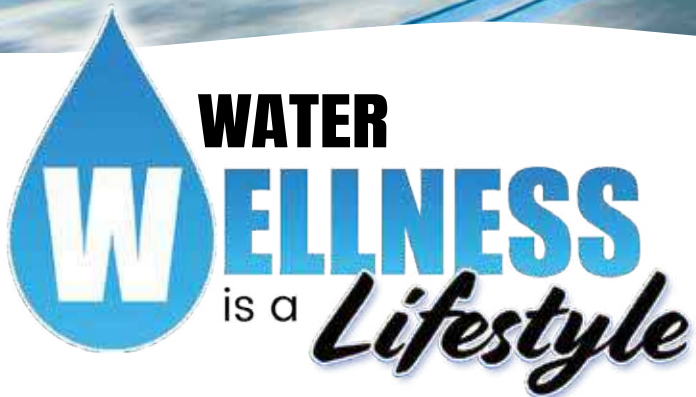
Float On

Let the buoyancy of the water help relax your muscles and reduce pain. By laying on your back and using your arms in a slow churning motion to keep your head above water, you can control your breathing, slow down your pounding heart and move into a state of calmness.

We Have Tonight

Aromatherapy Candles, some peaceful music and your favorite drink can be a great unwind under the stars. Whether it's a crisp fall or winter night in your hot tub or during the summer months with the cooling massage jets of your Endless Pool®, it's the perfect way to de-stress and calm your soul before bed.





POOL SAFETY PRACTICES

- Learn to Swim!
- Use the Buddy System! (Don't Swim Alone!)
- Learn CPR!
- Have a Phone By The Pool In Case of Emergency!
- Pay Attention To Current Weather Conditions!
- Have Lifesaving Equipment and Life Jackets Nearby!
- Have a Responsible Adult Present At All Times!

SWIMMING & SAFETY

Swimming is a Fantastic Exercise and is great for your health and well-being! Don't forget the importance of Water Safety and enjoy your time in the water!

CREATING A BACKYARD OASIS AND WATER WELLNESS RETREAT



How One Decision Can Positively Impact Your Life!

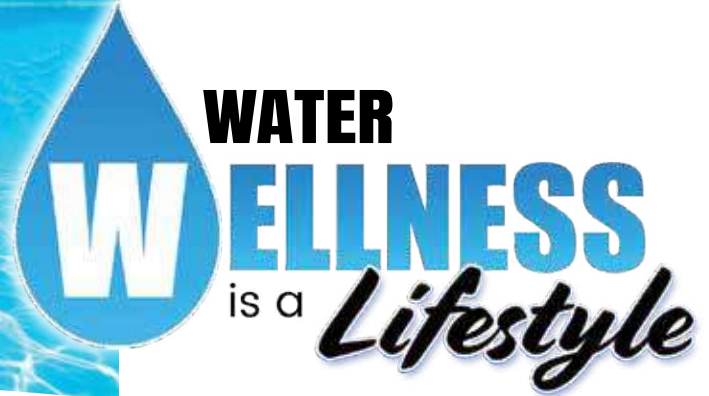


“ We made our Endless Pools® purchase last year after calculating the amount that we spent monthly on takeout food, nights at the movies and the kids wandering around the mall, the gas and time cost of running back and forth. We reallocated our monthly budget and recentered our lives, downsizing the number of “trips” in our schedule and focusing on our well-being...at our home, in our backyard sanctuary, where we are at peace and together with our family and our world. ”





HEALING



Hydrotherapy Benefits During Pregnancy

Consistent hydrotherapy and time in the water during pregnancy is beneficial in many ways. Time in the water during pregnancy helps take pressure off your body as the buoyancy of the water supports the additional weight, making it more comfortable to safely move, exercise, stretch and stay active. It's also known that water is soothing and relaxing for your baby, and relieves your overall stress and helps you recover more quickly after pregnancy as well!

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.

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

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



The Morning Hot Tub or Swim Spa Routine

Beginning your day in the hot tub or swimming in your Endless Pool® can have a huge influence on your energy levels throughout the day. A 15-20 minute soak in the hot tub or a swim/exercise routine could effectively boost your energy level for the rest of the day. Establishing the morning routine could set you up for the day, relaxed and ready with the right mindset to take on life's daily challenges. Your mind will be clearer and you'll be capable of getting much more accomplished throughout the day.

YOUR BODY, MIND AND SOUL



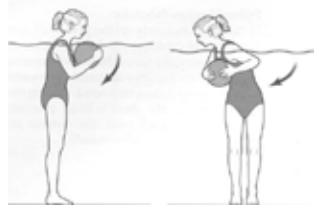
Pelvic Roll



Single Leg Balance



Double Knee Lift



Standing Crunch/Trunk Rotation



Step Ups



Hip Extension



Single Leg Bicycling



Shoulder Press

Hydrotherapy Exercises

(use with swim current or water jets for increased resistance or to help with stretching/working a specific muscle group)

MANY AQUATIC EXERCISE PROGRAMS AND VIDEOS ARE AVAILABLE ONLINE

Better Sleep

It's no secret that soaking in a hot tub can improve your quality of sleep! Besides the calming feel of a hot tub, when you leave the warm water and jets, your body temperature cools, signaling your brain that it is time to rest. Relaxation gained from a soak in your hot tub may be enough to help you drift into a more peaceful sleep, and better sleep is an effective way to combat stress and benefits your overall mental health.

Improve Your Overall Mood

The hot water relaxes your breathing and expands your blood vessels which improves blood flow. This increases your level of "happy" hormones such as dopamine and serotonin, while at the same time, decreasing "stress hormones" like cortisol and epinephrine. A consistent hydrotherapy program relieves stress and anxiety, while improving your overall physical and mental health.



Recovery from Injuries and Chronic Pain and Soreness

Many physicians, sports medicine doctors, athletic trainers and physical therapists prescribe and strongly encourage a consistent water rehabilitation program to recover from muscle tears and tendon injuries. Often, patients who have surgery to repair the injury will begin a water therapy program within the first week following their operation.

In addition, those who experience chronic pain such as swollen joints, inflammation, arthritis, muscle strains and menstrual cramps will maintain a regular hot tub or Endless Pools® workout routine to reduce symptoms, strengthening their entire body to help support the injury area, allowing for a quicker, more complete recovery.

People who have been in car accidents, fight seasonal depression and who are currently overweight, will utilize a water exercise program to improve their physical and mental well-being.





**Visit One of Our
3 Showrooms!**

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
HI PA License 000626



Hagerstown Showroom

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



Martinsburg Showroom

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



Flohr Pools

Your new backyard lifestyle awaits!

Products changes and modifications: Provided data is current as of printing. With a broad line of products covered under this brochure, changes and modifications happen on a monthly basis. Not all data expressed in this brochure is current. Our website is the most up-to-date place for current data.

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www.flohrpools.com