

Hot tub studio promotes health

By Jim Cornelius
News Editor

Brian Janke has seen regular use of a hot tub change people's lives. People with injuries and chronic conditions can see their quality of life enhanced by the therapeutic characteristics of hot water and directed jets.

And, time in the hot tub with family members is connected time (no electronics allowed).

"That's what really fires me up about this is the relational aspect and what it does for people and their bodies," Brian told *The Nugget*.

Janke has been a territory manager for LA Spas for years, and now he's bringing them to his hometown with a retail storefront, Aqua Hot Tubs Health & Wellness located at 413 W. Hood Ave.

The shop carries hot tubs, saunas, exercise therapy swim pools and Trinity massage chairs. The hot tubs are exceptionally easy to maintain.

"Easiest filter to clean in the industry," Janke says.

The Jankes take the health and wellness aspect of their business seriously. It's a way of life they pursue themselves and are eager to share. As part of the creation of a lifestyle, they also offer pellet-fueled



PHOTO BY JIM CORNELIUS

Brian and Carolyn Janke are creating an oasis of health and well-being at their new Sisters location.

barbecue grills.

Carolyn offers exercise in the on-site barre studio. Barre combines yoga, Pilates, and ballet elements in an exercise form that is suitable for just about anyone.

Carolyn said that after the birth of their child, she started doing online barre workouts, "and I fell in love with it."

Barre starts with building core strength. Carolyn notes that "women need to be strengthened in different spots than men," and barre provides that female-centric focus.

She's adjusting class schedules to the needs of

clients and assures them that there is nothing intimidating about the classes.

"They can start where they're at," she said.

The barre studio becomes something more than just a spot for a good workout.

"It's been almost like cultivating an amazing community of women," Carolyn says.

Brian notes that Aqua Hot Tubs is happy to offer military discounts.

"I like people to know that we appreciate them and their sacrifice," he said.

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