

SITRIN

The Help. The Hope. The Healing.

Sitrin Medical Rehabilitation Center

# Wellness Aquatic & Land Classes

Offering  
NEW Classes!



**August 2 – September 24, 2010**

*Classes for all ages!*

Sitrin Medical Rehabilitation Center  
2050 Tilden Avenue  
New Hartford, NY 13413

# Sitrin Wellness Program

## Aquatic Classes

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### **Ai Chi Aquatic Class**

This aquatic class uses slow purposeful movements to increase flexibility, balance, and strength. Ai Chi can be especially beneficial for those with Parkinson's disease, Multiple Sclerosis, fibromyalgia, arthritis, or chronic pain.

### **Arthritis Aquatic Class**

Slow range of motion designed to improve movement, relieve pain, and increase strength, this warm-water aquatic class is instructed by therapy staff specially trained in the treatment of arthritis.

### **Cardio Endurance Aquatic Training**

Burn calories and increase lean muscle mass!

Designed to relieve stress and improve cardiovascular endurance, this aquatic class will help improve your health and lifestyle. Pool shoes are advisable for maximum performance.

### **Kid Fit Aquatic Class**

One hour aquatic training class for children ages eight to 18, with an emphasis on cardiovascular fitness. Class is structured to include aerobic activities, strengthening exercises, and proper stretching techniques for a fun overall fitness experience.



### **Sensory Swim**

Bring your infant or toddler to this class! Together with an adult, children will learn a variety of movements in the water while getting some exercise and having a lot of fun. Class size is limited.

## Water Aerobics

Fun for all ages, this aquatic class includes a great cardiovascular workout. The gravity-free environment allows for easier movement of joints, and provides resistance for a more effective strengthening program.



## Land Class

### Senior Fitness Class

This dry-land class includes an hour of multi-tiered exercise designed to maximize strength, endurance, balance, and flexibility. A senior fitness test will be conducted at the first and last classes to establish a profile of your overall fitness.



# Class Schedule

**Monday, August 2 – Friday, September 24, 2010**

CLASS	TIME	COST	DATES
<b>Aquatic Classes</b>			
<b>Ai Chi</b>			
Wednesdays/Fridays	10:00 a.m.	\$60	8/4 – 9/24
<b>Arthritis Aquatic Class – <i>Sponsored by Jazzmatazz</i></b>			
Mondays/Wednesdays <sup>†*</sup>	8:30 a.m.	\$60 <sup>†</sup>	8/2 – 9/22
Mondays/Wednesdays <sup>†*</sup>	5:00 p.m.	\$60 <sup>†</sup>	8/2 – 9/22
Tuesdays/Thursdays <sup>†*</sup>	5:00 p.m.	\$60 <sup>†</sup>	8/3 – 9/23
<b>Cardio Endurance Training</b>			
Wednesdays/Fridays	11:00 a.m.	\$60	8/4 – 9/24
<b>Sensory Swim <i>(for infants and children up to 4 years old)</i></b>			
Mondays	10:00 a.m.	\$30	8/2 – 9/20
Tuesdays/Thursdays	6:00 p.m.	\$60	8/3 – 9/23
<b>Water Aerobics</b>			
Mondays/Wednesdays	4:00 p.m.	\$60	8/2 – 9/22
<b>Kid Fit Aquatic Class</b>			
Mondays/Wednesdays	6:00 p.m.	\$60	8/2 – 9/22

## Land Class

### Senior Fitness Class

Tuesdays/Thursdays	5:00 p.m.	\$60	8/3 – 9/23
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## Attention Wellness Members!

You receive a half-price discount when signing up for any class!

\* Funds raised through the **Jazzmatazz** event support these arthritis programs at Sitrin.

† First-timers with arthritis are **FREE** with script from Physician stating a diagnosis of "arthritis" and prescribing "Aquatics Class".

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