

Welcome to Sitrin's
Wellness Program



*Find new ways to
achieve your desired level of
fitness and health with
Sitrin's Wellness Program!*

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

Sitrin Includes:

- Adult Day Health Care
- Cedarbrook Village Incorporated
- Child Care Center
- Dental Clinics
- Gan Kavod Residences
- Sitrin Health Care Center
- Sitrin Medical Rehabilitation Center

Sitrin values individuals without regard to age, disability, gender, national origin, physical characteristics, religious preference, race, or sexual orientation.

**For more information,
please call (315) 797-8000.**

Thank you for choosing Sitrin's Wellness program for your fitness needs. The goal of our program is to assist you in reaching and maintaining your highest level of fitness and

Welcome to Wellness... health. Whether you're joining post-injury or just want to improve your health, we are here to help you achieve your goals.

It's a great way of life!

We would like to provide you with basic information about our program and answer any questions that you may have. Please see the inside of this brochure for answers to the most commonly asked questions. If, at any time, you have additional questions, please feel free to ask one of the wellness attendants.

Congratulations!
You're well on your way to Wellness!

Sitrin Wellness Program

How do I sign up?

The Wellness Program is open to the community. To become a member, just stop by the main reception desk in the Rehabilitation Center between 7 a.m. - 5 p.m., or the Wellness Center on the 2nd floor of the Rehabilitation Center between 5-7 p.m., Monday through Thursday, to fill out an application. We would like to get to know you and your fitness goals. Our wellness attendant will give you a tour and a brief overview of the equipment and how it works.

How do I check in each time?

It's simple. Just sign in at either the gym or the pool area. The wellness attendant or lifeguard will mark your attendance card for you. Then, just start exercising!

What if I need help with the equipment in the gym?

Just ask one of the attendants; they are trained to assist members with all of the equipment. If you have specific questions regarding any exercises you find difficult or painful, you should check with your physician.



How much does the Wellness Program cost?

\$30* per month for an individual membership
 \$45* per month for a family of 2 living in the same household, \$5 for each additional immediate family members ages 13–18.

Payment is due on the first of each month.

Checks can be mailed to:

Sitrin Medical Rehabilitation Center
 Attention: Wellness
 P.O. Box 1000
 New Hartford, NY 13413-1000

Class fees vary. Wellness members receive discounts on all classes. Unfortunately, refunds cannot be offered.

** Individuals or families signing up for one year (12 months) will receive one month FREE!*

Wellness Center Hours:

Gym Hours

Mon., Tues., Wed. & Thurs.

8 a.m. to 12 p.m. & 1 p.m. to 7 p.m.

Friday

8 a.m. to 12 p.m. & 1 p.m. to 4 p.m.

Saturday & Sunday

8 a.m. to 12 p.m.

Pool Hours

Tuesday & Thursday

8 a.m. to 12 p.m. & 1 p.m. to 7 p.m.

Saturday* (Open Swim)

8 a.m. to 12 p.m.

We are closed on:

Memorial Day, Fourth of July, Labor Day, Thanksgiving, Christmas Eve, Christmas, New Year's Eve & New Year's Day

In cases of inclement weather, tune in to television stations WKTV and WUTR, as well as radio stations WSKS, Big Frog 104, and Lite 98.7, to find out if we will not be open, or are closing early.

‡ **Open Swim** – In addition to Wellness Members, Open Swim is available on Saturdays to any child 12 and under for \$3 per swimmer. Children must be accompanied by an adult 18 years or older.