

Thank you for choosing the Wellness & Aquatic Center at Sitrin. Our objective is to assist you in reaching and maintaining your fitness goals. Whether you are already active, just starting a workout regimen, or recovering from an injury or surgery, we want to help improve your overall health and wellness.



We provide opportunities for exercising both on land and in the water. Our state-of-the-art fitness center offers equipment for a great cardiovascular workout, weight lifting, and aerobic exercises.



Our inground heated therapy pools provide a rejuvenating environment for lessening joint and muscle pain, while increasing endurance and strength.



Aquatic Classes

Sitrin hosts a variety of revolutionary aquatic fitness classes, which are open to adults and children at varying levels, from gentle movements and exercise to more intense workout regimens. The pool area features spacious locker rooms, showers, and restrooms.

- ▶ Spin and Splash
- ▶ Cardio Splash
- ▶ Hydro Aerobics
- ▶ Aqua Yoga
- ▶ Ai Chi
- ▶ Aqua Tots (6 mos – 3 years)

Dry Land Classes

Our dedicated, open space gym is designed for both mat-based and multi-level impact movement classes. This calm and supportive environment allows members to move safely and comfortably while meeting their fitness goals on land.

- ▶ Strength & Stretch

Wellness Center at Sitrin App

Download the **Wellness Center at Sitrin** app to easily book appointments and manage your fitness experience - anytime, anywhere, right from your Apple or Android device.

- ▶ Book Appointments
- ▶ Purchase Membership Packages
- ▶ Check Membership Status
- ▶ Check Your Profile
- ▶ Join a Wait List



Use your cellphone camera and press the on-screen link to download phone app

Learn more at www.sitrin.com/wellness
or call (315) 737-2451

SITRIN

The Help. The Hope. The Healing.

Sitrin Medical Rehabilitation Center

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www.sitrin.com

In accordance with federal law, affiliates of the Sitrin Network of Homes & Services, Inc., admit, retain and provide care for participants and residents, if eligible, without regard to age, disability, gender, national origin, physical characteristics, religious preference, race, or sexual orientation.

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Wellness & Aquatic Center *at Sitrin*



Discover new ways
to achieve your health
& fitness goals!



SITRIN

The Help. The Hope. The Healing.

Wellness & Aquatic Center at Sitrin



Easy Signup

The Wellness & Aquatic Center at Sitrin is open year-round to the community. To become a wellness member, simply call the Wellness Center office at 315-737-2451. To create an account online, visit www.sitrin.com/wellness or download the *Wellness Center at Sitrin* app through the Apple or Google Play store. Once an account is created, appointments can be made for the fitness center, pool, or aquatics classes. All appointments must be scheduled in advance.

Checking In

Each time you arrive for a gym appointment, sign your name on the sheet located outside of the fitness center gym. To use the pool, sign in with an attendant on the pool deck.

Gym Equipment Assistance

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

Monthly Wellness Program Pricing:

Unlimited Monthly Membership:

- 1 Month of unlimited pool and gym visits: \$80
- 12 Months unlimited pool and gym visits: \$900
- Monthly membership does not include classes.
- Receive half off classes with minimum 2/months of Unlimited Monthly Membership.

Combo Visit Pack:

15 pool visits, 30 gym visits: \$80

Pool Visit Pack:

5 pool visits: \$45

Gym Visit Pack:

25 gym visits: \$40

One Individual Visit:

1 hour appointment to pool or gym: \$10

Aquatic & Land Class Pricing:

Adult Aquatic & Land Classes:

- 8 weeks/16 class sessions – 2 sessions per week: \$90
- Purchase one full price class and receive 1/2 off all subsequent classes within the same class session.

Aqua Tots Class (Ages 6 months – 3 Years)

8 weeks / 8 sessions – 1 session per week: \$90

Tots Open Swim (Ages 6 months – 3 Years)

Saturdays: 11:00AM – 12:00PM: \$10

Wellness Program and Class Payments:

Payment is due upon booking. Only credit/debit card payments are accepted. Please make payments through our Wellness & Aquatic Center app, (directions on back page of this brochure), or call the Wellness Office at 315-737-2451 for assistance.

Wellness & Aquatic Center Hours

Gym Hours

Monday through Thursday

7:00AM – 12:00PM

(Closed 12:00 – 1:00PM)

1:00 – 7:00PM

Friday

7:00AM – 12:00PM

(Closed 12:00 – 1:00PM)

1:00 – 4:00PM

Saturday

8:00AM – 12:00PM

Pool Hours

Monday & Wednesday

7:00AM – 12:00PM

2:00 – 3:00PM

Tuesday & Thursday

4:00 – 7:00PM

Friday

7:00AM – 12:00PM

Saturday

8:00AM – 12:00PM

We Are Closed:

Everyday: 12:00 – 1:00 PM
(to Wellness Members)

— and the following holidays —

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

