

Make a Splash at Sitrin!



**Wellness &
Aquatic Center**
at Sitrin



SITRIN

The Help. The Hope. The Healing.

Aquatic Classes

Sitrin's heated therapy pools offer gentle relaxation and improved circulation. The buoyancy of the water also reduces joint stress and increases mobility. Water depth of the pools is 4.5 feet!

Aqua Yoga



Stretch, twist and calm your mind in our heated water with Aqua Yoga. Expand major muscle groups with yoga poses in the pool. Water serenity - Sitrin style!

Mon/Wed 5:30am 3/2 - 4/22 \$80

Ah Chi



Use slow, purposeful movements to increase flexibility, balance, and strength. Ai Chi can be especially beneficial for those with MS, Parkinson's, fibromyalgia, arthritis and chronic pain.

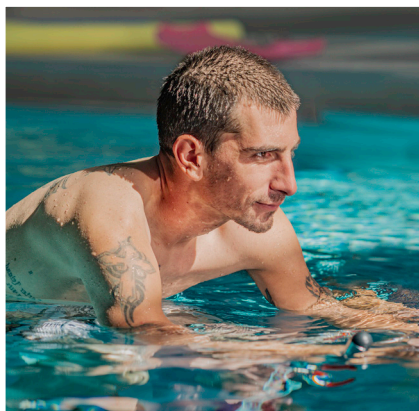
Mon/Fri 9:00 am 3/2 - 4/24 \$80

Arthritis Class



Specialty class combines slow, relaxed movements with the benefit of warm water. This class is designed to improve movement, relieve arthritic pain, and increase strength.

Mon/Wed 5:00 pm 3/2 - 4/24 \$80



Aqua Pilates



Pilates in the pool! Learn a new, innovative routine using common aquatic items, including pool noodles and hand floats.

Sat 2:00 pm 2/7 - 4/25 \$40





8-Pack



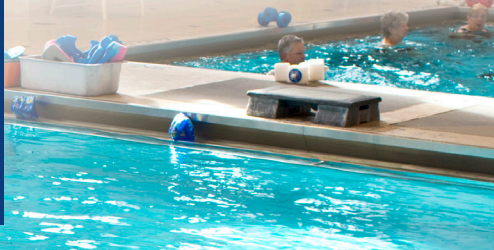
This class brings something new each week of the 8-week session. We'll keep it fresh by introducing different pool objects and workouts each week.

A) Tue 5:00 pm 3/2 - 4/21 \$80
B) Sat 2:00 pm 3/7 - 4/25 \$5

Difficulty Level Guide

Gentle movements 
Moderate intensity 
Challenging 
Maximum effort 

Classes run approximately one hour. Should you have any concerns, please contact your physician before starting any new exercise activities.



Our most demanding classes are high intensity, energetic, cardiovascular fitness workouts intended for people who can safely participate.



Cardio Splash



Burn calories and increase lean muscle mass by improving cardiovascular endurance. This class will boost your health by getting the blood pumping. Non-marking pool shoes are recommended.

Mon/Fri 10:00 am 3/2 – 4/24 \$80

Hydro Aerobics



Balance stretching with cardiovascular exercise, while you move to energetic workout music. The water's gravity-free environment allows for lessened joint impact and increased water resistance.

A) Mon/Wed 4:00 pm 3/2 – 4/22 \$80
B) Mon/Wed 5:00 pm 3/2 – 4/22 \$80

Aqua Tabata



High-energy, fast-paced Tabata is designed for maximum effort and is a recognized training style in the fitness world. Powerful movements and energetic music will bring your aqua workout to the next level.

Mon/Fri 10:00 am 3/2 – 4/24 \$80

Aqua Kick



Kick, punch, and elbow your way to a great workout with kickboxing in the water. Utilizing specialized equipment, the Sitrin Aquatic Team brings something new to the Mohawk Valley.

A) Tuesdays 7:00 pm 3/3 – 4/21 \$80
B) Saturdays 3:00 pm 3/7 – 4/25 \$5

Spin & Splash*



This advanced aqua cycling class gives you a full body workout that is both challenging and therapeutic. Use pool bikes for aquatic resistance training, while experiencing the healing properties of heated water. Water shoes are necessary for this class.

A) Mon/Wed 5:30 am 3/2 – 4/22 \$80
B) Mon/Wed 7:00 pm 3/2 – 4/22 \$80
C) Tue/Thu 5:30 am 3/3 – 4/23 \$80
D) Sat 9:00 am 3/7 – 4/25 \$5
E) Sat 10:00 am 3/7 – 4/25 \$5



Sitrin's Spin & Splash class was made possible by a \$10,000 charitable grant from the David & Janet Griffith Family Fund at The Community Foundation of Herkimer & Oneida Counties, Inc.



Children's Aquatic Classes

Aqua Tots*

Together with an adult, infants and toddlers will get accustomed to the water by focusing on social interaction, pool playtime, and exercise.

A) Mondays \$40 6:00 pm 3/2 – 4/20
B) Wednesdays \$40 6:00 pm 3/4 – 4/22

Kid Aqua*

This class starts where Aqua Tots stops. Customized for children five to eight years of age, it offers pool recreation, including shooting hoops, volleyball, and similar aquatic activities.

Saturdays \$40 12:00 pm 3/7 – 4/25

Please note: *Sitrin's Wellness classes take place in heated therapy pools. We do not offer swimming lessons.*

Aquatic Class Pricing:

- 8-week session of any adult class (16 classes - 2 days/week):
\$80 per 8-week session
- 8-week session of Aqua Tots and Kid Aqua (8 classes – 1 day/week):
\$40 per 8-week session
- Saturday classes are first come, first served (1 day/week): \$5 per class
- Wellness members receive half-price classes with three months prepaid Wellness

Note: a minimum of four people must be registered in order to hold a class.

Sign up early! Space may be limited and accommodated on a first come, first served basis. Class schedules are subject to change between 8-week sessions.

All classes are non-refundable. Pools are closed New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas Eve, Christmas Day, and New Year's Eve.

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Medical Rehabilitation Center

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