

*Make a Splash at Sitrin!*

January 2 — February 23, 2023



**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!

**Tues & Thurs**      **9:00 AM**      **1/3 – 2/23**      **\$80**

## Ai 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.

**Tues & Thurs**      **10:00 AM**      **1/3 – 2/23**      **\$80**

## Arthritis Class

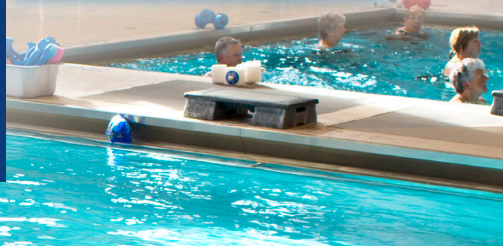
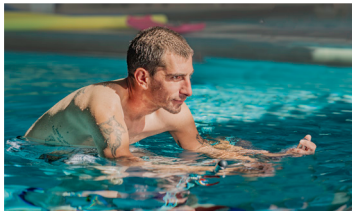
Specialty class combines slow, relaxed movements with the benefit of warm water. This class is designed to improve movement, relieve arthritic pain, and increase strength.

**Tues & Thurs**      **5:00 PM**      **1/3 – 2/23**      **\$80**

### Difficulty Level Guide

Gentle movements      1 drop  
Moderate intensity      2 drops  
Challenging      3 drops  
Maximum effort      4 drops

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.

**Tues & Thurs**      **11:00 AM**      **1/3 – 2/23**      **\$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**    **3:00 PM**                      **1/2 – 2/22**                      **\$80**  
**B) Mon & Wed**    **4:00 PM**                      **1/2 – 2/22**                      **\$80**  
**C) Mon & Wed**    **5:00 PM**                      **1/2 – 2/22**                      **\$80**

## 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.

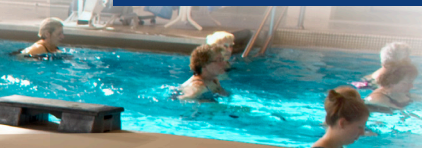
**A) Tues & Thurs**    **3:00 PM**                      **1/3 – 2/23**                      **\$80**  
**B) Tues & Thurs**    **4:00 PM**                      **1/3 – 2/23**                      **\$80**

## To Register for Classes

Call the  
Wellness Center Office at  
**315-737-2451**

## 2023/24 Wellness Class Sessions

**Jan. 2 — Feb. 23**   
**Mar. 6 — Apr. 27**  
**May. 8 — Jul. 3**  
**Jul 10 — Aug 31**  
**Sep. 11 — Nov. 2**  
**Nov. 13 — Jan. 10, 2024**



# Children's Aquatic Classes

## Aqua Tots\* (Ages 6 months – 2 years)

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

<b>Mondays</b>	<b>6:00 PM</b>	<b>1/2 – 2/20</b>	<b>\$80</b>
<b>Wednesdays</b>	<b>6:00 PM</b>	<b>1/4 – 2/22</b>	<b>\$80</b>

**\*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
- Wellness members receive half-price classes with two 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.*

## Sitrin's Wellness Phone App!

Download the Sitrin Wellness Center Phone app to easily book classes and manage your fitness experience— anytime, anywhere, right from your Apple or Android phone!

- Make Reservations
- Purchase Class Packages
- Check Membership Status
- Check Your Profile
- Latest Products & Services
- Join a Wait List

*Use your phones' camera, press the on-screen link that appears on image to download app*



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