Wellness Classes at Sitrin!

November 23, 2026 – January 26, 2027

Wellness & Aquatic Center at Sitrin



SITRIN
The Help. The Hope. The Healing.

Aquatic & Land 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!

Tuesdays & Thursdays ***11/24 – 1/26*** ☐ ***9:00 AM*** ***$90***

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.

Tuesdays & Thursdays ***11/24 – 1/26*** ☐ ***10:00 am*** ***$90***

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.

Tuesdays & Thursdays ***11/24 – 1/26*** ☐ ***11:00 am*** ***$90***

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.

Mondays & Wednesdays ***11/23 – 1/13*** ***$90***

☐ ***1:00 pm*** | ☐ ***3:00 pm*** | ☐ ***4:00 pm*** | ☐ ***5:00 pm***

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.

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.

Tuesdays & Thursdays ***11/24 – 1/26*** ***$90***

☐ ***3:00 PM*** | ☐ ***4:00 PM***

Aqua Tots* *(Ages 6 months – 3 years)*

Together with an adult, in open-swim style instruction, infants and toddlers will get accustomed to the water by focusing on social interaction, pool playtime, and exercise.

Mondays ***11/23 – 1/11*** ☐ ***6:00 PM*** ***$90***

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

Tots Open Swim *(Ages 6 months – 3 years)*

Together with an adult, an open-water hour to share with your child.

Saturdays ☐ ***11:00 AM*** ***$10***

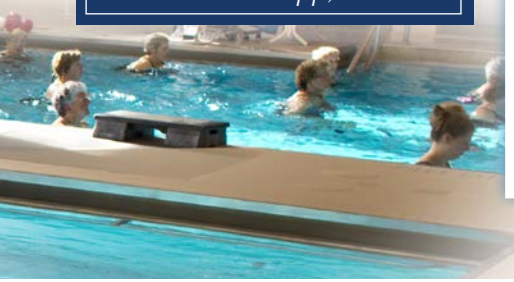
New Land Class: Strength & Stretch

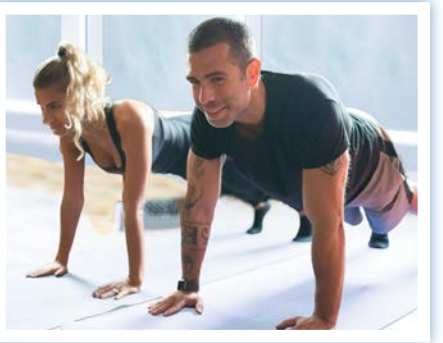
Strengthen and lengthen your body with slow, controlled movements designed to tone muscles, support posture, and improve flexibility! This is a land-based class, held in our large wellness gym space. Equipment required is a yoga mat and chair (provided.) Yoga mats will be available if needed.

Wednesdays ***11/25 – 1/13*** ☐ ***6:15 PM*** ***$45***

— Individual Classes *(each)* ***$10***

Drop in to any class with open spots for $10
(Listed under appointments online and on app)





Aquatic & Land Class Information

2026–2027 Wellness Enrollment Dates & Class Sessions

Enrollment Begins	Class Session Dates
Nov 9, 2026	Nov 23, 2026 — Jan 26, 2027
Jan 18, 2027	Feb 1, 2027 — Mar 25, 2027
Mar 22, 2027	Apr 5, 2027 — May 27, 2027
May 24, 2027	Jun 7, 2027 — July 29, 2027
Jul 26, 2027	Aug 9, 2027 — Oct 4, 2027
Sept 2, 2027	Oct 11, 2027 — Dec 7, 2027

Aquatic & Land Class Pricing: • 8-week / 16 class sessions, meeting 2 days a week: $90

- 8-week /8 class sessions of **Aqua Tot class**, meeting 1 day a week: $90
- 1/2 off classes with minimum 2/months of Unlimited Monthly Membership
- Purchase one full price class and receive 1/2 off all subsequent classes within the same class session.

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 Eve & Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas Eve & Christmas Day.

Sitrin's Wellness Phone App!

Download **Wellness Center at Sitrin** Phone app to easily book classes and manage your fitness experience– anytime, anywhere, right from your Apple or Android phone or tablet! To register online using your computer go to: www.sitrin.com/wellness/classes/

- *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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