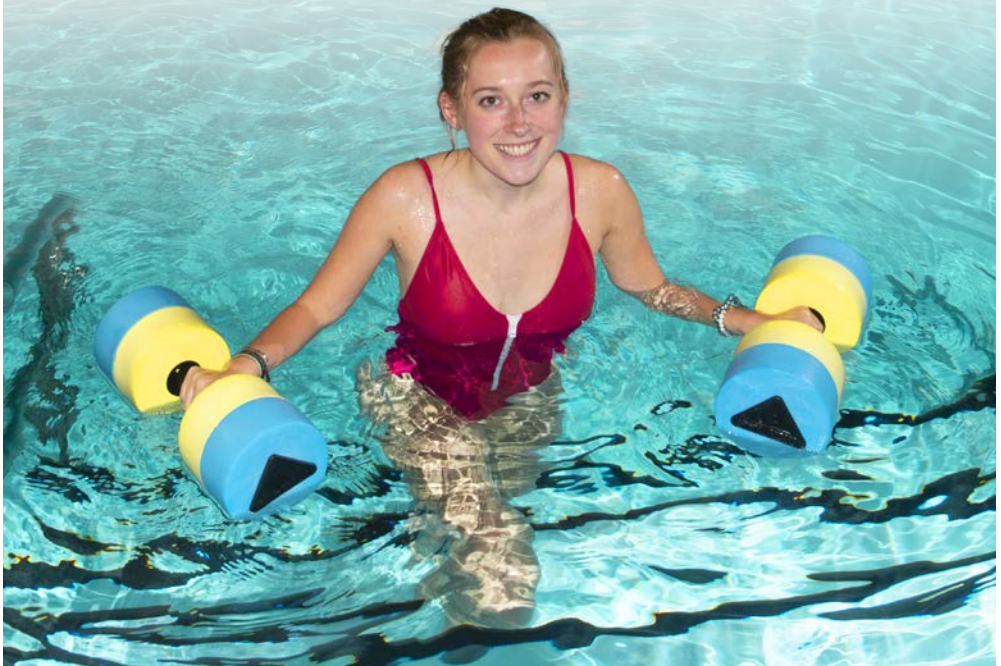


*Make a Splash at Sitrin!*

February 24 — April 17, 2025



**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!

**Tuesdays & Thursdays**    2/25 – 4/17    ☐ 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**    2/25 – 4/17    ☐ 10:00 AM    \$90

## Cardio Splash

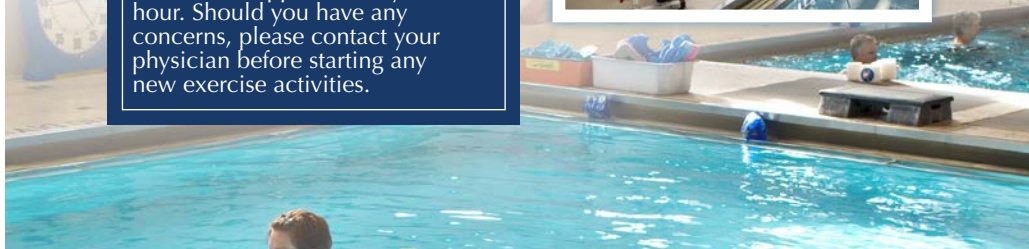
Burn calories and increase lean muscle mass by improving cardiovascular endurance. This class will boost your health by getting the blood pumping. Non-marking pool shoes are recommended.

**Tuesdays & Thursdays**    2/25 – 4/17    ☐ 11:00 AM    \$90

### 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.*



## 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** **2/24 – 4/16** **\$90**

1:00 PM |  3:00 PM |  4:00 PM |  5:00 PM

## 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** **2/25 – 4/17** **\$90**

3:00 PM |  4:00 PM |  5:00 PM

## Aqua Kick\*



We have all heard of kick boxing in a gym, now try it in the water! Utilizing specialized equipment and a flurry of kicks, punches and exercises, the Sitrin Aquatics Team brings something new to the Mohawk Valley. Kick, punch, and elbow your way to a workout that is a real knockout.

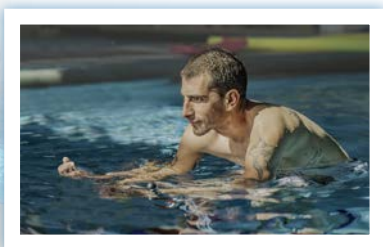
**Wednesdays** **2/26 – 4/16**  6:15 PM **\$45**

## 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** **2/24 – 4/14**  6:00 PM **\$90**

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



# Aquatic Class Information

## 2025 Wellness Enrollment Dates & Class Sessions

| Enrollment Begins | Class Session Dates          |
|-------------------|------------------------------|
| Feb 10, 2025      | Feb 24, 2025 — Apr 17, 2025  |
| Apr 14, 2025      | Apr 28, 2025 — June 23, 2025 |
| Jun 16, 2025      | June 30, 2025 — Aug 21, 2025 |
| Aug 18, 2025      | Sept 02, 2025 — Oct 27, 2025 |
| Oct 20, 2025      | Nov 03, 2025 — Jan 06, 2026  |
| Dec 29, 2025      | Jan 12, 2026 — Mar 05, 2026  |

### Aquatic Class Pricing:

- 8-week / 16 class sessions, meeting 2 days a week: \$90
- 8-week / 8 class sessions of **Aqua Kick class**, meeting 1 day a week: \$45
- 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/](http://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*

