

THE PIETERS FAMILY *life center*

PietersFamilyLifeCenter.org
info@pietersfamilylifecenter.org
facebook.com/PietersFamilyLifeCenter
twitter.com/RocPieters

1025 Commons Way, Rochester, NY 14623 Phone: (585) 487-3500 Fax: (585) 487-3527

Visit our website for a video tour!

IT'S NEVER TOO LATE TO GET STARTED



There are many reasons why we tend to slow down and become more sedentary with age. It may be due to health problems, weight or pain issues, or worries about falling. But as you grow older, an active lifestyle becomes more important than ever to your health. The Pieters Family Life Center can help you in becoming or staying active! Our **supportive and safe senior fitness classes**, taught by certified instructors, **are free to you** if you are eligible for senior fitness programs such as SilverSneakers or Silver&Fit. No matter your goal, one of these classes is for you:

SilverSneakers Classic: *chair based exercises to increase strength and flexibility.*

SilverSneakers Stability: *improves balance and fall prevention.*

SilverSneakers Circuit: *a low impact workout that promotes endurance.*

NEW!
Beginning Jan. 1, 2018 the Pieters Family Life Center will be an Optum Fitness Advantage approved fitness facility. Plan holders of an eligible Medicare Advantage Plan insured by UnitedHealthcare are eligible for free senior fitness services at the Pieters Family Life Center.

Accessible Fitness

If you're worried or nervous about using a fitness room, we're a great place to start! The fitness room at the Pieters Family Life Center is an intimate space that offers a selection of easy-to-use, fully accessible fitness equipment. Our friendly staff will ensure you're comfortable with the equipment and ready to tackle your health goals with confidence! No memberships necessary to use our fitness room!



WATER WALKING FOR ALL LEVELS



Water walking offers several benefits over taking your typical stroll on land. The water provides resistance, making your muscles work harder to move forward. At the same time, it provides buoyancy, helping reduce strain to your joints. Exercise in water compared to that of land burns more fat, helps you build stronger muscles, and reduces risk of injury or pain. Our specially designed Hydroworx therapy pool has an underwater treadmill ensuring that you are moving at the speed that can help you meet your goals.

TRY IT BEFORE YOU BUY IT!
We offer a free trial Water Walking session.
Call us at 487-3500

BRING A FRIEND TO CLASS, COFFEE IS ON US!

Bring a friend to class and enjoy a free coffee for each of you in the cafe.

Offer valid until April 30, 2018.



The Pieters Family Life Center is a recipient of the Henrietta Chamber of Commerce "Business Excellence" Award.

It's also honored nationally as a Community Builder by the American Network of Community Options and Resources for exemplary work in creating inclusive environments.

A Step Towards Better Balance



Poor balance, a persistent problem for many, can trigger falls. In young, healthy adults, balance is largely an automatic reflex. However, gradual changes linked to growing older—such as weak or inflexible muscles, slower reflexes, and worsening eyesight—affect the sense of balance.

The Pieters Family Life Center has a variety of physical therapist led classes geared toward improving balance and decreasing the fear of falls.

AquaBalance: *This pool based balance class focuses on stretching, strengthening and endurance to improve standing balance. The water provides a safe environment, additional body support and ease of movement.*

Better Balance: *This land based class helps improve balance, strength and flexibility by exercising the body's three balance centers- inner ear, eyes & muscles.*

Rehabilitation Services



The Pieters Family Life Center, in partnership with Rochester Regional Health System, offers a full range of orthopedic, sports, general physical rehabilitation services, as well as aquatic therapy.

We specialize in:

- Sports-related Injuries
- Sprains and Strains
- Tendonitis
- Joint pain
- Joint Replacement Surgery
- Back and Neck Pain
- Osteoarthritis and Degenerative Joint Disease
- Stroke
- Surgery
- Swelling Disorder

Participants must have a doctor's prescription in order to participate. We accept most insurance carriers.

At the completion of your therapy experience, our therapists can refer you to appropriate fitness classes at the Life Center as you continue your road to recovery. "Exercise plays a crucial role in healing and recovering from illness or injury," explains Life Center physical therapist Elizabeth Grzeskowiak. "Having access to the fitness center at the Life Center allows therapists here to work with clients on the very same equipment a patient will use once they are discharged from therapy."

To view online, visit: PietersFamilyLifeCenter.org/schedule.

Jan. - April 2018 Weekly Class Schedule

MONDAY

8:30-9 am	AQUA Fitness
9-9:30 am	AQUA Fitness
10-11 am	SilverSneakers Classic
11-11:30 am	Back Hab
11 am-noon	Bone Building Exercises for Osteoporosis & Arthritis
11:30 am-12:30 pm	Aquatics Exercise Class
12:30-1:15 pm	Walk Fit
1:30-2:30 pm	Muscles in Motion
3-3:45 pm	Better Balance
4-4:30 pm	Back Hab
4:30-5 pm	Back Hab
4:30-5 pm	Water Walking
5:30-6:30 pm	Zumba
5-9 pm	Step It Up a Notch (every hour)

TUESDAY

7-8 am	Step It Up a Notch
8-9 am	Water Walking (every 1/2 hour)
10-11 am	SilverSneaker Circuit
11-11:30 am	AQUA Fitness
11-11:45 pm	Better Balance
11:30 am-noon	AQUA Fitness
noon-1 pm	Water Walking (every 1/2 hour)
12:30-2 pm	Weight Training/Endurance Fibromyalgia & Pain
5-6 pm	Water Walking (every 1/2 hour)
6-7:15 pm	Yoga
6-9 pm	Water Walking (every 1/2 hour)

WEDNESDAY

8-9:30 am	Water Walking (every 1/2 hour)
10-11 am	SilverSneakers Classic
11:45 am-12:45 pm	Water Walking (every 1/2 hour)
noon-1 pm	Stretching & Strengthening for MS
1:30-2:30 pm	Muscles in Motion
4-4:30 pm	Back Hab
4:30-6 pm	Got Knee/Hip Pain? (every 1/2 hour)
5:30-6:30 pm	Zumba
6-7:30 pm	Water Walking (every 1/2 hour)
7:30-8:30 pm	Step It Up a Notch

THURSDAY

7-8 am	Step It Up a Notch
8-9 am	Water Walking (every 1/2 hour)
10-11 am	SilverSneakers Stability
11-11:30 am	AquaBalance
11:30-noon	AQUA Fitness
11:30 am-12:15 pm	Moving to the Groove
noon-1 pm	Water Walking (every 1/2 hour)
3:30-4:15 pm	Oh, My Achy Body! <i>Holy Childhood pool</i>
4-5 pm	Water Walking
5-6 pm	Step It Up a Notch
6-9 pm	Water Walking (every 1/2 hour)

FRIDAY

10-11 am	Stretch and Go!
noon-2 pm	AQUA Fitness (every 1/2 hour)
1-2 pm	Connecting Voices

Not sure which class is right for you? Give us a call and let us know what your goals are and we can help find the right one!

HEALTHY YOU You can start your journey towards improved health and function for as low as \$2.00 per visit to our fitness room. We have memberships from \$15 to \$50 per month. Stop by or give us a call at 585-487-3500 to discuss what's best for you!