

FIVE GREAT BENEFITS OF AQUATICS EXERCISE



Exercising in the water is a great way to meet physical needs and work out goals. Here are five great benefits of aquatic exercise at the Pieters Family Life Center:

1. Low Impact aquatic exercise allows you to place less weight on your joints - opening up new opportunities for all ages, and varying levels of fitness, to find benefit in this form of movement.
2. Are you intimidated by traditional exercise routines? In aquatic classes, you are mostly underwater, so no one else can see what you are doing and you'll build a level of fitness you can carry on to other areas of your life.
3. The natural resistance of water increases strength! It provides more resistance than air making the moves you do in the pool work your entire body.

4. The same resistance that provides a total body work out also burns more calories than exercising on land.
5. Group classes are social and you'll have a chance to meet new people, which for many beats swimming laps or walking on a treadmill.

Please visit www.pietersfamilylifecenter.org for a full list of our aquatics classes.

NEVER TOO OLD TO GET MOVING!



More and more seniors are finding that daily exercise can boost mood, maintain cardiovascular health, promote strength and flexibility and help prevent falls. In addition to the physical benefits, people who move more tend to be more independent at home and have fewer issues related to depression.

The Pieters Family Life Center has a variety of senior focused group exercises classes that'll make you want to get out of the house and get moving!

Silver Classic: Get fit your way! Exercise at your own pace with resistance tools including bands, balls and weights to help improve strength, flexibility, posture and balance.

Silver Stability: Work to improve your balance and stability through exercises to strengthen the ankles, knees and hips.

Silver Circuit: Suitable for all fitness levels, this circuit workout offers low impact cardio exercises mixed with upper body strength work.

Call us today about our senior exercise discounts!



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.

NEW CLASSES FOR YOU

By popular demand we've added a new aquatics exercise class. **AquaBasics** is a simplified AquaFitness class designed for people with low fitness levels, limited range of motion or balance impairments. If you have a chronic health condition, are living with a disability or just want to get moving; this class is for you! **You can get moving with us on Fridays at 12:30 or 1 p.m.**

The ancient Chinese healing art of **Qigong** is now at the Pieters Family Life Center. Classes focus on slow, controlled, gentle, easy-to-learn movements, with an emphasis on mindfulness and deep breathing. Benefits of Qigong include relaxation and increased strength, flexibility and balance. **Join us on Mondays from 6:30 to 7:45 p.m.**

CREATIVE ARTS THERAPIES SUPPORT EMOTIONAL WELL BEING



Creative arts therapy at the Life Center employs the therapeutic use of art, music and dance to help people express and process emotions and feelings.

Working toward wellness is to strive for balance, and emotional health is a big part of achieving that balance. We are healthier when we express our feelings, share them in a trusting relationship and connect with other people.

Therapy is offered in a one-to-one setting by our board certified and accredited creative arts therapy staff. Call today to see if creative arts therapy is a right fit for you or a loved one.

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
- Osteoarthritis and Degenerative Joint Disease
- Sprains and Strains
- Tendonitis
- Joint Pain
- Joint Replacement Surgery
- Back and Neck Pain
- 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.

Sept. - Dec. 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 |
| 11:30 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 |
| 4:30-5 pm | Water Walking |
| 5:30-6:30 pm | Zumba |
| 5-9 pm | Step It Up a Notch (every hour) |
| 6:30-7:45 pm | Qigong |

TUESDAY

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|---------------|---|
| 7-8 am | Step It Up a Notch |
| 8-9 am | Water Walking (every 1/2 hour) |
| 10-11 am | SilverSneakers 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

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|-------------------|-------------------------------------|
| 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 |
| 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

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|-------------------|--|
| 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

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|---------------|-----------------------------|
| 10-11 am | Stretch and Go! |
| noon-12:30 pm | AQUA Fitness |
| 12:30-1:30 pm | AquaBasics (every 1/2 hour) |
| 1:30-2 pm | AQUA Fitness |
| 1-2 pm | Connecting Voices |

SATURDAY

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|-------------------|--------------------------------|
| 8:30 am - 1:30 pm | Water Walking (every 1/2 hour) |
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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!