

# 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!

## SUMMER CAN BRING THE ACHEs AND PAINS



Nothing beats being outside after months of being stuck inside! Going for walks, gardening, biking and yardwork are all now on the to do list. However, with increased summer activities comes the risk of aches, pains and soreness. The Pieters Family Life Center has a variety of low impact aquatic fitness programs that will help you get fit as well as manage the aches and pains.

**Oh, My Achy Body!** Come and experience the healing power of warm water with exercises that promote increased muscle strength, endurance and balance.

**Got Knee & Hip Pain?** Do you have arthritis or a chronic pain condition? This class will help stretch and strengthen your muscles with low impact workouts.

**Back Hab** Gardening, playing with the kids, lots of things can get your back out of whack! This class teaches lumbar stabilization exercises to strengthen core muscles and get rid of that back pain.

**Water Walking** Does the walk around the block get difficult halfway around? Our water walking classes, using the specially designed HydroWorx underwater treadmill, will get you prepared to enjoy those walks!

**\$10 OFF YOUR FIRST TIME**  
Tell us you're new to water walking and you'll save \$10 on your first session!

## THE SILVER LACES

Our group of not-so-ready to slow down seniors, affectionately known as The Silver Laces, invites you to use your senior fitness benefits and join their fun! The Pieters Family Life Center is a SilverSneakers, Silver & Fit and Optum Fitness Advantage facility offering free and low cost fitness options to seniors. Whether it is our intimate, non-intimidating and easy to use fitness room or our supportive and fun group fitness classes, we are a place you can be active in a safe and comfortable environment.



## OVERCOME YOUR FEAR OF THE FITNESS CENTER



Many people have a fear of attending a fitness center. They find the idea of working out among others to be intimidating. Some even believe they need to get into better shape in order to attend a fitness center. That is like saying you need to read the book before going to the library or see the movie before going to the theater. Fear of being judged, feeling embarrassed or doing the wrong thing all prevent people from taking steps to improving their wellbeing.

We make it easy for you to get past that fear and get active!

- We have a comfortable fitness center with easy to use equipment.
- Our staff is knowledgeable and friendly and here to support you.
- We offer group fitness classes that provide peer support.
- Our friendly atmosphere welcomes people new to fitness, living with disability or with a chronic health condition. Come as you are!
- It's easy to try us out with no contracts and non-membership options.

Still not sure? Call us at (585) 487-3500 to visit us and see for yourself!



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.

## GETTING YOU ON THE RIGHT PATH



Doing what is right for your health and well-being can be difficult when you don't know where to start! Having support in understanding what the right path is for you is essential. The Pieters Family Life

Center can help you get started and identify the best health goals for you with a wellness consultation.

Barb Cacia, the Life Center's wellness coordinator, has over 30 years experience supporting people in taking steps to make simple changes that help get them on the right track to their health goals. Whether it is increasing your physical activity or energy levels or managing your stress or chronic health conditions, Barb will personalize your experience at the Life Center and get you connected to the best programs to assist you in reaching your goals!

Please contact Barb Cacia at (585) 487-3500 for more information or to schedule an appointment.

## 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](http://PietersFamilyLifeCenter.org/schedule).

## May - Aug. 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
4-4:30 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	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

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

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

### SATURDAY

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!