

PERSONAL TRAINERS, MAKING EXERCISE WORK FOR YOU



Personal training at the Pieters Family Life Center with Emily Plotzker proves to be unlike any workout you've done before! Fueled by a motivating relationship and one-on-one support, your exercises are customized to you and your goals. In addition to a National Academy of Sports Medicine Personal Trainer Certification, Emily has as an American College of Sports Medicine Inclusive Fitness Trainer Certification, meaning that she is specially trained to provide customized exercise support to people with a physical, sensory or intellectual disability, as well as other chronic health conditions. Emily is creative and enthusiastic, and she will work to get you active in a safe and supportive manner. She will help you to feel comfortable in our universally designed fitness center, which is the first step to finding the confidence to succeed in your health and wellness goals.

Curious if personal training can support you in reaching your goals? Give Emily a call at (585) 487-3567.

AQUATIC EXERCISE HELPS IN MORE WAYS THAN ONE



The Pieters Family Life Center is home to the region's first HydroWorx 2000 therapy and fitness pool. The adjustable floor rises to meet the floor of the room so you can walk or wheel right onto the pool surface with no steps to enter, and is then lowered to the desired depth. In addition, the entire floor of the pool is a treadmill! For a

Water Walking class, the treadmill will run for the entirety of the class. For other aquatic classes, the treadmill is used for a warm up period, and then the floor is turned off and is stationary. There are bars to hold on to for stability as needed. The therapeutic temperature of 89 degrees makes this one of the warmest pools around. Together with the buoyancy of water, your muscles will relax and your joints will achieve greater range-of-motion than possible on land. Beyond that, the gentle hydro-static pressure of the water will decrease swelling. The pool accommodates a maximum of four people at once, allowing you to enjoy an intimate class structure and individualized attention. Achieve improved flexibility, increased strength, and enhanced sense of well-being in our small but mighty therapeutic pool!

For a list of our aquatic classes, please visit PietersFamilyLifeCenter.org/Aquatics



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.

ADDRESSING BARRIERS LEADS TO SUCCESS

Even with the best of intentions, it can be difficult to reach your health goals. Sometimes a past trauma creates a barrier in moving forward with improving your health. Other times articulating a root cause for behaviors that have a negative impact on your health can help move you forward.

The Pieters Family Life center employs several licensed creative arts therapists who specialize in art, music, dance and movement, and who are each experienced in working with people of all ages and abilities. They use paintbrushes, pianos and creative movement to address emotions that may be holding you back from being the healthiest version of you!

For more information on how the creative arts therapies can support you in your health goals, please email us at info@pietersfamilylifecenter.org

SILVER LACES: HAVING FUN AND STAYING ACTIVE



The Pieters Family Life Center is a proud SilverSneakers, Silver & Fit, and ReNew Fitness senior exercise facility. If eligible for these senior fitness benefits associated with Excellus, MVP, and UnitedHealthcare insurance policies, you are entitled to a free fitness center

membership and access to a variety of senior focused group exercise classes. The Silver Laces, a group of men and women who participate in our exercise classes, welcome you to join them! Ask any one of them what they enjoy about group classes like:

SilverSneakers Classic - chair based exercises that increase strength and flexibility

SilverSneakers Stability - improves balance and decrease the risk of falls

SilverSneakers Circuit - low impact workouts that promote endurance

The Silver Laces will tell you that our certified and friendly instructors are motivating and supportive, and that the relationships they've formed with other class participants make classes fun and help to hold them accountable in keeping active.

Give us a call at (585) 487-3500 to see if you are eligible.

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

Sept. - Dec. 2019 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	AquaStations
12:30-1:15 pm	Walk Fit
1:30-2:30 pm	Muscles in Motion
2-2:45 pm	Circuit Training with Emily
3-3:45 pm	Better Balance
4-5 pm	Water Walking (every half hour)
5:30-6:30 pm	Zumba
5-7 pm	Step It Up a Notch (every hour)
7-9 pm	AquaRun (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
2-2:45 pm	Circuit Training with Emily
5-9 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
2-2:45 pm	Circuit Training with Emily
4-5 pm	AquaStations
5-5:30 pm	Got Knee and Hip Pain
5:30-6 pm	Got Knee and Hip Pain
5:30-6:30 pm	Zumba
6-8:30 pm	Water Walking (every 1/2 hour)

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)
2-2:45 pm	Circuit Training with Emily
4-5 pm	Water Walking
5-6 pm	Step It Up a Notch
6-7:30 pm	Water Walking (every 1/2 hour)
7:30-8:30 pm	AquaRun

FRIDAY

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

SATURDAY

8:30-9:30 am	Step It Up a Notch
9:30 am - 1:30 pm	Water Walking (every 1/2 hour)

PHYSICAL THERAPY AND POST THERAPY



In partnership with Rochester Regional Health System, we offer a full range of physical therapy services including 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 for therapy services. We accept most insurance carriers.

Are you nearing discharge from physical therapy elsewhere? Let the Pieters Family Life Center be the Next Step in your journey to improved health and function. Our exercise professionals and physical therapists offer a variety of exercise classes to help you maintain your therapeutic goals.

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!