

THE
PIETERS FAMILY
life center
Weekly Class Schedule

MONDAY

8:30 - 9:00 AQUA Fitness
9:00 - 9:30 AQUA Fitness
11:00 - 11:30 Back Hab
11:00 - Noon Bone Building for Osteoporosis & Arthritis
11:30 - 12:30 Aquatic Exercise
12:30 - 1:15 Walk Fit
1:00 - 2:00 Tai Chi for Arthritis
1:30 - 2:30 Muscles in Motion
3:00 - 3:45 Better Balance
4:00 - 4:30 Back Hab
5:30 - 6:30 Zumba
5:00 - 9:00 Step It Up a Notch (every hour)

TUESDAY

7:00 - 9:00 Water Walking (every half hour)
11:00 - 11:30 AQUA Fitness
11:00 - 11:45 Better Balance
11:30 - Noon AQUA Fitness
Noon - 1:00 Water Walking (every half hour)
12:30 - 2:00 Weight Training/ Endurance for Fibromyalgia & Pain
2:00 - 3:00 Back to Basics
5:00 - 6:00 Aquatic Exercise
5:30 - 6:30 Pilates
6:00 - 9:00 Water Walking (every half hour)

WEDNESDAY

11:45 - 12:45 Water Walking (every half hour)
Noon - 1:00 Stretching & Strengthening for MS
1:00 - 2:00 Yoga
1:30 - 2:30 Muscles in Motion
4:00 - 4:30 Back Hab
4:30 - 6:00 Got Knee/ Hip Pain (every half hour)
5:30 - 6:30 Zumba
6:00 - 7:30 Water Walking (every half hour)
7:30 - 8:30 Step It Up a Notch

THURSDAY

7:00 - 9:00 Water Walking (every half hour)
11:00 - 11:30 AquaBalance
11:30 - 12:00 AQUA Fitness
11:30 - 12:15 Moving to the Groove
Noon - 1:00 pm Water Walking (every half hour)
2:00 - 3:00 Back to Basics
3:30 - 4:15 Oh, My Achy Body!
4:30 - 5:15 Oh, My Achy Body!
5:00 - 6:00 Deep Water Exercise
6:00 - 9:00 Water Walking (every half hour)

FRIDAY

10:00 - 11:00 Stretch and Go!
Noon - 2:00 AQUA Fitness (every half hour)

SATURDAY

8:30 - 1:30 Water Walking (every half hour)

What does “wellness for the whole person” really mean? “For each person, there are multiple dimensions of wellness - physical, emotional and social - that support overall health and wellbeing,” explains Life Center wellness coordinator Barb Cacia. She adds, “Group exercise programs and classes provide multiple benefits to participants, such as peer support and relationship building, while also being fun and motivating.”

Participating in a scheduled exercise class compels you to make a time commitment to fitness, while the supervision of a skilled instructor assures that everyone uses proper technique to avoid injury.

FITNESS ROOM HOURS OF OPERATION

Monday - Friday. 6:30 am - 9:00 pm

Saturday: 8:00 am to 5:00 pm

Sunday: Facility is closed

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www.pietersfamilylifecenter.org

