

THE PIETERS FAMILY *life center*

CELEBRATING 10 YEARS!

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Visit our website for a video tour!

SUPPORTING YOU IN BEING ACTIVE AND FEELING GOOD!



In April, the Pieters Family Life Center celebrated our 10 year anniversary! Looking back I can't help but be in awe and inspired by our staff's passion and creativity in supporting people in their well-being. Equally inspiring is the dedication and courage I've seen by our customers working hard to improve their health. Some of the ways we've assisted people include:

Aquatic classes help people increase their endurance and minimize pain and discomfort.

Our **fitness center** has a community of caring people that support and encourage one another.

Group classes promote physical activity in an encouraging social environment.

Creative arts therapies assist people in conveying their thoughts and feelings in a way that promotes emotional well-being.

We are stronger, and healthier, together and I thank you for being part of the Pieters Family Life Center.
Sincerely, *Andrew Little, director*

ARE YOU READY TO TAKE THE NEXT STEP?



our aquatic classes can be your next step on your journey to improved wellbeing

Some people find it difficult to exercise because of chronic pain, unsteady balance or low fitness levels. Aquatic classes at the Pieters Family Life Center in our specially designed HydroWorx therapy pool, are a great for people looking to increase their endurance, joint range of motion, balance and fitness levels. The comfortable 90 degree water and the personalized touch of our small classes, provide a supportive environment for you to take your Next Step to improved health and function.

We've got a class that can meet your needs! Call 585-487-3500 for more information!



Creative Arts Therapies Provide Connections

Oftentimes people who have a loved one with Alzheimer's disease long for the connection they once had with that person before the disease took hold. Connections can be powerful- they provide hope, strength and resilience. The creative art therapists at the PFLC support connections. "The Alzheimer's Association offers two monthly social engagement opportunities at the PFLC", says Mary Walker, director of programs and services at the Alzheimer's Association, "Thanks to the talented art and music therapists at the PFLC, both Art With Heart and Melodies and Memories are enjoyed by people with dementia and their care partners." Lauren Faggiano, PFLC music therapist shares "Our programs provide caregivers with an opportunity to connect with others who share similar experiences, but they also provide them an opportunity to see glimpses of their loved ones that they may not have seen in a while."

For more information, please visit www.pietersfamilylifecenter.org/creativeartstherapy



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.

Come As You Are



People can be intimidated when thinking about starting at a gym. Thoughts can range from “Will I fit in?” or, “Will people judge me?” to “I don’t want anyone seeing me in a bathing suit!” Add living with a chronic health condition, disability or very low fitness level

and these concerns can feel even more intense. At the Life Center we welcome you as you are and will partner with you to reach your goals! We have a variety of options that can assist you in getting you moving comfortably and safely!

Water Walking- In this class you will walk on an underwater treadmill in our 90 degree pool at a speed you are comfortable with. The resistance of the water will provide a workout and the low impact nature of the exercise will keep you comfortable.

Fitness Center- For \$20 get a 10 visit pass and try our easy to use fitness center. Its intimacy will put you at ease and you just may find that others using the center share the same goals as you.

Group Fitness Classes- Our classes welcome you to participate in the way that you can. They’re not intense, but focused on getting you to be active.

Seeing is believing! Stop by any time; we’d love to give you a tour.

Senior FITizens



Mark Twain once said, “Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.” The Pieters Family Life Center’s senior focused fitness activities make it even easier for age to not matter. We welcome you to use your **Silver Sneakers** and **Silver & Fit** senior

fitness benefits with us which provide access to a variety of classes:

Silver Sneaker Stability improves balance and increases fall prevention while **Silver Sneaker Circuit** gives you a low impact workout that improves endurance. **Silver Sneaker Classic** gets you pumping weights, hand weights that is, to increase strength and flexibility.

All classes are taught by certified and friendly instructors who’ll get you moving to your ability. They’ll also get you laughing and having fun because, after all, laughter is the best medicine! Wonder if you’re eligible? Give us a call at 585-487-3500.

To view online, visit: PietersFamilyLifeCenter.org/schedule

May - Aug 2017 Weekly Class Schedule

MONDAY

| | |
|-------------------|--|
| 8:30-9 am | AQUA Fitness |
| 9-9:30 am | AQUA Fitness |
| 10-11 am | Silver Sneakers 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 |
| 4:30-5 pm | Back Hab |
| 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 | Deep Water Exercise |
| 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 | Silver Sneakers 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 | Silver Sneakers 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 |
| 4:30-5:15 pm | Oh, My Achy Body! <i>Holy Childhood pool</i> |
| 5-6 pm | Step It Up a Notch |
| 5:30-6:30 pm | Pilates |
| 6-8 pm | Water Walking (every 1/2 hour) |

FRIDAY

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|-----------|-------------------------------|
| 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. We’d be happy to connect you with the right class!

HEALTHY YOU Join our HealthyYou community that provides support for wellness goal setting, supervised and supported exercise programs, therapeutic group exercise classes and more for \$50 a month. There’s a one time \$50 registration fee. Contact us for more information.