

# THE PIETERS FAMILY *life center*

CELEBRATING 10 YEARS!

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Visit our website for a video tour!

## TAKE THE NEXT STEP WITH DISCOVERYOU



Expectations of adulthood can be challenging and it is not uncommon to feel stuck in a rut. The Pieters Family Life Center offers a one of a kind program called DiscoverYOU, to help people out of the rut or to simply take the next step to being more independent!

DiscoverYOU offers a wide variety of experiential classes that are designed to support people ages 18-30 in building upon skills, interests and strengths necessary for living the life they want. While there are a lot of programs for work readiness and employment, young adults need well-rounded lifestyles that include meaningful relationships, strong social participation and personal wellness. DiscoverYOU offers that support. By the end of each session, participants reflect on how their skills have improved, enjoy a broader network of peers and have more insight on how to manage an ever-changing life plan. Class topics include: healthy lifestyles, personal finance, self advocacy, work readiness, transportation, housing, interpersonal communication and more. Look for some

exciting new offerings this fall on time management, supporting lifestyle with music, and the importance of overall presentation.

For more information please visit [www.pietersfamilylifecenter.org/DiscoverYOU](http://www.pietersfamilylifecenter.org/DiscoverYOU).

## THE HEALING POWER OF WATER



If you live with chronic pain, you know doing the things you enjoy can be a challenge. You also know about the need to find supportive ways to manage your pain. Exercise often gets overlooked as a way to manage your pain. With chronic pain, too much avoidance of physical activity can cause health problems, such as muscle atrophy. Inactivity can lead to diminished quality of life and negative mood, which may increase the fear of pain, leading to an increase in discomfort and suffering. Water exercise classes at the Pieters Family

Life Center in our 90 degree therapy pool offer support and pleasant physical activity. Most people with chronic pain find water exercise classes positive, rewarding and useful for managing pain and enhancing mood. This builds hope and provides the motivation to continue activity. Some classes to consider include:

**Back Hab** If you have back pain, this class is for you. Learn lumbar stabilization exercises to strengthen core muscles.

**Got Knee/ Hip Pain?** A low impact class taught by a physical therapist.

**Oh, My Achy Body** A great class for those preparing for joint replacement surgery or those just discharged from physical therapy.

**Water Walking** A fitness option for those who find it hard to achieve cardiovascular goals on land due to joint, mobility or chronic pain conditions.



### Accessible Fitness

Living with a mobility impairment, disability or chronic health condition can make being physically active difficult if you can't access or use traditional fitness equipment or workout facilities. However, at the Pieters Family Life Center, our universally designed fitness equipment and therapy pool make it easy for people who use wheelchairs, seniors, people with physical and intellectual disabilities and those with low fitness levels to get moving!

Our HydroWorx therapy pool, used for our aquatic classes and therapies, is a zero level entry pool making it easy for anyone to get in! And the underwater treadmill with handle bars makes for a safe and supportive exercise environment! Our fitness center provides a variety of wheelchair accessible and easy to use cardiovascular and strength equipment. From our recumbent bikes and steppers to our easy to use weight machines, you'll be able to get your workout in at the Pieters Family Life Center!



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.

## Silver Laces, Having Fun and Staying Active!



The Pieters Family Life Center is a proud SilverSneakers and Silver and Fit Fitness facility. If you are eligible for these senior fitness programs you are entitled to a free fitness

center membership with us and access to a variety of senior focused group exercise classes. And speaking of classes, The Silver Laces welcome you to be a part of them. The men and women of our senior fitness classes named themselves "The Silver Laces". Ask any one of them what they enjoy about our group classes such as:

**SilverSneaker Stability** which improves balance and increases fall prevention

**SilverSneaker Circuit** focused on low impact workouts that promote endurance

**SilverSneaker Classics** chair based exercises that increase strength and flexibility

They'll agree our certified and friendly instructors are motivating and supportive and that the relationships they've formed with other class participants hold them accountable in keeping active!

Wonder if you're eligible for these senior fitness programs? Give us a call at 585-487-3500

## 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
- Stroke
- Tendonitis
- Surgery
- Joint pain/Joint Replacement Surgery
- Swelling Disorder
- Back and Neck Pain

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).

## Sept. - Dec. 2017 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 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
4-4:30 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	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	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
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	Tai Chi Easy
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

*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!