

THE PIETERS FAMILY *life center*

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PietersFamilyLifeCenter.org
info@pietersfamilylifecenter.org
facebook.com/PietersFamilyLifeCenter
twitter.com/RocPieters
rocpieters.blogspot.com
Visit our website for a video tour!

NEW! SILVER SNEAKERS EXERCISE CLASS



Time to get fit your way! The Pieters Family Life Center now offers the Silver Sneakers Classic exercise class. This class, free to all Silver Sneakers and Silver & Fit members, is designed to improve strength, flexibility, posture and balance. It's taught by certified Silver Sneakers instructors and utilizes resistance tools such as bands, balls and weights. Exercises can be performed either seated or standing and you will be encouraged to participate at your own pace. Classes are held Mondays and Wednesdays from 10 to 11 am. Non-Silver Sneakers members may participate in this class with their HealthyYou membership, exercise class punch pass or drop-in fee.

For more information, please contact us at (585) 487-3500 or info@pietersfamilylifecenter.org.

CALL US FOR YOUR NEXT STEP!

Are you nearing discharge from physical or other rehabilitative therapy? Would you benefit from an ongoing exercise program to maintain your therapeutic goals? Let the Pieters Family Life Center be your Next Step in your journey to improved well-being through a variety of classes to benefit people living with disability, pain and discomfort and other chronic conditions.

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
- Fibromyalgia



To help you take the Next Step, try one of these specialized classes:

- Better Balance
- Got Knee/Hip Pain?
- Aquatic Back Hab
- Oh, My Achy Body!
- Weight Training and Endurance for Fibromyalgia & Chronic Pain
- Bone Building Exercises for Osteoporosis & Arthritis
- Stretching and Strengthening for Multiple Sclerosis.

For a full listing of our pool and land based exercise classes, please visit us at www.pietersfamilylifecenter.org or call us at (585) 487-3500.



ROC HEALTH ALL-STAR *Carmen Bellavia*

Congratulations to Pieters Family Life Center member Carmen Bellavia for being selected as a ROC Health All-Star by the Democrat and Chronicle. Carmen, 93, works out in the Pieters Family Life Center's universally designed fitness center three days a week.

Carmen's tips for a healthy life include:

1. Eat sensibly
2. Be active
3. Pray

Carmen shares you're not too old to exercise and that the Pieters Family Life Center is a great and supportive place to do so!



The Pieters Family Life Center is a recipient of the Henrietta Chamber of Commerce's "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.

FACILITY & FITNESS ROOM HOURS

Monday-Friday: 6:30 am-9 pm

Saturday: 8 am-5 pm

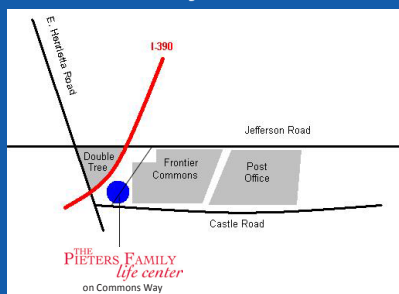
Sunday: Closed



UNIVERSALLY DESIGNED FITNESS ROOM

If you're worried or nervous about using a fitness room, we're a great place to start! The fitness room at the Pieters Family Life Center is a comfortable space that offers easy-to-use, fully accessible fitness equipment. Our fitness staff will get to know you and provide you with the support needed to work toward your goals.

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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.

BASIC MEMBERSHIP

Includes unlimited use of the Pieters Family Life Center fitness center.

- Individual: \$15 a month
 - Household: \$30 a month
- One time registration fee: \$50

PUNCH PASSES

We also offer 10-visit punch passes.

- Fitness Pass: \$20
- Exercise Class Pass: \$60

May - August 2015 Weekly Class Schedule

To view online, visit: PietersFamilyLifeCenter.org/schedule

MONDAY		Instructors
8:30-9 am	AQUA Fitness	Barb Cacia
9-9:30 am	AQUA Fitness	Barb Cacia
10-11 am	Silver Sneakers Classic	Dawn Chock
11-11:30 am	Back Hab	Liz Grzeskowiak, PT
11 am-noon	Bone Building Exercises for Osteoporosis & Arthritis	Cory Kruger
11:30 am- 12:30 pm	Aquatics Exercise Class	Dawn Chock
12:30-1:15 pm	Walk Fit	Barb Cacia
1-2 pm	Tai Chi for Arthritis	Donna Evevesky
1:30-2:30 pm	Muscles in Motion	Barb Cacia
3-3:45 pm	Better Balance	Alex Mustardo, PT
4-4:30 pm	Back Hab	Jessica Collins
5:30-6:30 pm	Zumba	A. Merced
5-9 pm	Step it up a Notch (every hour)	Dawn Chock
TUESDAY		Instructors
7-9 am	Water Walking (every 1/2 hour)	Multiple
11-11:30 am	AQUA Fitness	Barb Cacia
11-11:45 pm	Better Balance	Alex Mustardo, PT
11:30 am-noon	AQUA Fitness	Barb Cacia
noon-1 pm	Water Walking (every 1/2 hour)	Multiple
12:30-2 pm	Weight Training/Endurance Fibromyalgia & Pain	Barb Cacia
2-3 pm	Back to Basics	Cory Kruger
5-6 pm	Deep Water Exercise	Dawn Chock
5:30-6:30 pm	Pilates	Barb Noskie
6-9 pm	Water Walking (every 1/2 hour)	Multiple
WEDNESDAY		Instructors
10-11 am	Silver Sneaker Classic	Dawn Chock
11:45 am-12:45 pm	Water Walking (every 1/2 hour)	Dawn Chock
noon-1 pm	Stretching & Strengthening for MS	Barb Cacia
1-2 pm	Yoga	Donna Evevesky
1:30-2:30 pm	Muscles in Motion	Barb Cacia
4-4:30 pm	Back Hab	Liz Grzeskowiak, PT
4:30-6 pm	Got Knee/Hip Pain (every 1/2 hour)	Barb Cacia
5:30-6:30 pm	Zumba	A. Merced
6-7:30 pm	Water Walking (every 1/2 hour)	Multiple
7:30-8:30 pm	Step It Up a Notch	Dawn Chock
THURSDAY		Instructors
7-9 am	Water Walking (every 1/2 hour)	Multiple
11-11:30 am	AquaBalance	Liz Grzeskowiak, PT
11:30-noon	AQUA Fitness	Dawn Chock
11:30 am- 12:15 pm	Moving to the Groove	Shannon Seddon
noon-1 pm	Water Walking (every 1/2 hour)	Multiple
2-3 pm	Back to Basics	Cory Kruger
3:30-4:15 pm	My Achy Body! Holy Childhood pool	Multiple
4:30-5:15 pm	My Achy Body! Holy Childhood pool	Multiple
5-6 pm	Deep Water Exercise	Dawn Chock
6-9 pm	Water Walking (every 1/2 hour)	Multiple
FRIDAY		Instructors
10-11 am	Stretch and Go!	Barb Cacia
noon-2 pm	AQUA Fitness (every 1/2 hour)	Barb Cacia
SATURDAY		Instructors
8:30 am-1:30 pm	Water Walking (every 1/2 hour)	Multiple