Explore Aquatic Wellness

inside

Membership Info  2
Community Spotlight  3
Learning for Students:
  Preschool, Pre-K, Elementary  3
  Class for Children, Adults and Seniors  4, 5, 7
Creative Arts Therapy  8

Located in Henrietta, at the corner of East Henrietta and Castle Road
Wellness for the Whole Person, All in One Place

The Pieters Family Life Center offers more than just exercise classes and therapy programs. We work to create a sense of community that supports all kinds of wellness - physical, social, emotional, spiritual, intellectual and occupational. We are committed to programming that:

- Encompasses all aspects of healthy living
- Recognizes the unique needs of each individual
- Provides avenues for personalized growth in a caring and supportive environment
- Helps our community strengthen its compassion and humanity

The Life Center welcomes people of all ages and abilities to be a part of our community which is focused on building a HealthyYou. Visit our fitness room, volunteer with us, join a fitness class or get a massage; these are just a few ways you can take a step towards a HealthyYou.

We have many flexible ways you can be a part of our person-centered wellness community.

**HEALTHYYOU**

Join our HealthyYou community that provides support for wellness goal setting, supervised and supported exercise programs, therapeutic group exercise classes and more. $50 per month. One time $50 registration fee. Please contact us for more information.

**BASIC MEMBERSHIP**

Includes unlimited use of the Pieters Family Life Center fitness center.
- Individual: $15/month
- Household: $30/month
One time registration fee: $50

**PUNCH PASSES**

We also offer 10-visit punch passes.
- Fitness Pass: $20
- Exercise Class Pass: $60

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**CONTACT INFORMATION**

1025 Commons Way
Rochester, NY 14623
Phone: (585) 487-3500
Fax: (585) 487-3527
info@pietersfamilylifecenter.org
pietersfamilylifecenter.org
facebook.com/PietersFamilyLifeCenter
twitter.com/RocPieters
rocpieters.blogspot.com

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**FACILITY HOURS**

Monday-Friday: 6:30 am-9 pm
Saturday: 8 am-5 pm

Holiday Closings:
- Nov. 28, 29 & 30
- Dec. 24 & 25
- Closing at 5 p.m. Dec. 31
- Jan. 1, 2014

During inclement weather, check local news stations for closing updates: WHAM TV-13, WHEC TV-10, WROC TV-8, and YNN TV-9.

To support the health and well-being of our staff, customers and visitors, the Pieters Family Life Center is a non-smoking campus.

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**Rev Up Your Mind, Body & Spirit: Volunteer**

Studies show volunteering is mutually beneficial; while you’re helping your community, the environment or other worthy causes, you’re also helping your own physical and mental health. Let us connect you with a HealthyYou volunteer opportunity like:

- Support a social group for teens with developmental disabilities at the Pieters Family Life Center
- Assist during therapeutic riding for people with disabilities at Heritage Christian Stables
- Help out at A Second Thought Resale Shop, a thrift store that supports individuals with disabilities around the world

Contact volunteer coordinator, Kim Kennedy, at kkennedy@heritagechristianservices.org for more information.

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**New! Supervised Fitness Room Hours**

Wellness assistant, Cory Kruger, will now be available Mondays, 10-11 am; Wednesdays, 5:30-6:30 pm and Fridays, 2:30-3:30 pm to assist you in using the equipment in the Fitness Room. He will also offer orientation to new members at this time.

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**Save the Date**

**Saturday, Oct. 19:** The Autumn Craft Show, featuring more than 40 artisans and vendors, free admission
Time: 9 am-4 pm

**Saturday, March 29, 2014:** Third Annual Women’s Health Fair
If you are interested in being a vendor/presenter for the women’s fair please contact Catalina Johnson at cjohnson@pietersfamilylifecenter.org
PIETERS FAMILY LIFE CENTER • 3

Children, ages 3 and 4, will have fun expressing themselves through dance while being encouraged to develop movement skills, engage in creative social interaction and tell stories through movement.

Times: 10-10:30 am, Mondays, Oct. 28 - Dec. 2
Fee: $45 for six classes

Creative Connections & Dance for Children

Children, ages 3 and 4, will have fun expressing themselves through dance while being encouraged to develop movement skills, engage in creative social interaction and tell stories through movement.

Times: 10-10:30 am, Mondays, Oct. 28 - Dec. 2
Fee: $45 for six classes

Express Yourself!

Using unique art materials for projects, children will get to find their own talents and discover how to express themselves in artful ways. Projects will include paintings, collages and sculptures.

Session I: 6-8 year-olds Sept. 10 - Oct. 1
Session II: 9-12 year-olds Oct. 22 - Nov. 12
Times: 4-5 pm, Tuesdays
Fee: $50 for four classes

Toothbrushing Consultation

An occupational therapist will assist you in developing gentle strategies to assist your “sensory-sensitive” child with tooth brushing. Service may be covered by insurance.

Fee: $90/60-minute session

HydroWorx Pool Helps Athletes & Seniors Alike

Mary Monell ran the 2012 Unity Health’s Flower City Half Marathon with a personal best time of 2:25:39. Her goal for the 2013 race was 2:00:00. She was told by many experienced runners that shaving 25 minutes off her time was near impossible. “Instead of being discouraged,” Monell said, “I decided on trying a new training method.” Mary signed up for the Life Center’s Step it up a Notch class in the HydroWorx pool. “I took nine weeks of pool classes as a means of cross training,” Monell said, “and I immediately began to see a difference in my overall running time after taking only two classes.” So how did Monell do in 2013? “I finished the race in 1:59:38 and am a true believer that these results would not have been possible if it were not for the pool classes at the Life Center!” Way to go, Mary!

Margaret Moriarty has something to celebrate, too! The 87-year-old is not training for a race, but also benefits from aqua classes at the Life Center. “I wanted to lose weight, but my knees hurt and I did not have the stamina to exercise,” Moriarty said. “I found it difficult to do things like walk in the neighborhood, and spend time with my great-grandchildren.” She took the Life Center’s water walking and aqua fitness classes. “The pool is a great place to exercise! My knees don’t hurt and I’ve improved my stamina. In fact, I’ve lost weight and increased my endurance!”

Whether you’re a top notch athlete or looking to just get moving again, the Life Center’s aquatic wellness programs can meet your needs.

For a complete listing of our aquatic wellness classes, see page 5 or visit www.pietersfamilylifecenter.org.

The Life Center also offers Handprints a fine motor skills class for 3-year-olds and Make Your Mark a handwriting class designed for 4-year-olds and Typing By Touch, a typing skills class for children 9-years-old and up. For more information visit: www.pietersfamilylifecenter.org

HANDPRINTS
Session I: Oct. 2, 9, 16 or Oct. 23, 30 and Nov. 6
Fee: $35 per session
Day Time
Wednesdays 10:30-11:15 am

MAKE YOUR MARK
Session I: Oct. 2-Nov. 6
Fee: $70, plus book fee of $10
Day Time
Wednesdays 9:15-10 am or 1:30-2:15 pm

TYPING BY TOUCH
Session I: Oct. 2-Nov. 6
Fee: $55 per session
Day Time
Wednesdays 4-4:30 pm

Registration due Tuesday, Sept. 24
Fitness Programs & Classes

FOR DATES AND TIMES OF THE CLASSES BELOW, SEE PAGE 6.

Therapeutic Exercise and Physical Activity Classes

For your convenience we offer a 10-visit punch pass for fitness classes (eligible classes are marked with ♥) at a cost of $60, saving you $10 for buying 10 visits.

BONE BUILDING EXERCISES FOR OSTEOPOROSIS & ARTHRITIS
Learn therapeutic exercises to build bone mass, strengthen your muscles and increase endurance safely! $7/class ♥

WEIGHT TRAINING AND ENDURANCE FOR FIBROMYALGIA AND CHRONIC PAIN
Get moving and strengthen your muscles -- and your heart -- without increasing fatigue or pain. Learn how exercise and social support can address chronic pain. $7/class ♥

STRETCH AND GO!
Focus on gentle yoga and therapeutic exercises designed to make you feel your best. Perfect for caregivers who could benefit from a soothing environment. $7/class ♥

MUSCLES IN MOTION EXERCISE PROGRAM
Develop a fitness routine to build muscle, increase flexibility and improve endurance. This class is recommended for stroke survivors, individuals with early stage dementia, seniors and those new to exercise. All exercises can be done while sitting or standing. $7/class ♥

STRETCHING AND STRENGTHENING FOR MULTIPLE SCLEROSIS
Increase muscle flexibility and strength to improve coordination, balance and endurance. $7/class ♥

WALK FIT
Enjoy socializing while you walk to music in the Pieters Family Life Center gymnasium. $7/class ♥

ZUMBA WITH BODY CONNECTION INSTITUTE
Experience a Latin-inspired fitness class that offers a dance party-like atmosphere that anyone can enjoy. $7/class

PIILATES
Begin with basic principles, including exercises that focus on conditioning, proper alignment, strength and flexibility. Exercises may be incorporated on a stability ball with a focus on balance. $10/class

BACK TO BASICS
Meet with a group of your peers for one hour twice a week for six weeks; 30 minutes of cardiovascular exercise, followed by two sets of upper and lower body exercise on our weight equipment. Prior to class, time will be set aside for sharing and goal building.
Instructor: Cory Kruger
Fee: $30 for six-week session

YOGA
Yoga, a class for everyone! Regardless of age, body type or flexibility, this class will leave you feeling relaxed and refreshed. Not only will you be toning the body and stretching your muscles, you will also be given a much needed chance to relax in a stress-free environment where all you are asked to do is relax and enjoy. We are here just to breathe, stretch and enjoy the moment.
Instructor: Harland Becker
Fee: $8/class

MOVING TO THE GROOVE
Get moving to the groove to maintain and develop endurance, strength and coordination. Gets your body moving to fun, motivating music in the company of fun motivating people! Classes are held in the Pieters Family Life Center gymnasium.
Fee: $7/class ♥

PICKLEBALL
Come enjoy Pickleball at the Life Center with a few of your friends and others from around the community. In collaboration with the town of Henrietta senior center we have been able to bring this popular game to our facility.
Fee: $3 per visit or $20 for 10-visit Pickleball punch pass.

HANDS IN MOTION
This class is for adults who may be struggling with daily tasks such as turning a key, opening jars or zipping a jacket. We will guide your hands through gentle stretching, games and pampering, to develop flexibility and coordination.
Fee: $10/class

September - December 2013

Outpatient Therapeutic and Wellness Services

The Pieters Family Life Center, in partnership with Unity Physical Therapy & Rehabilitation, offers a full range of orthopedic, sports, general physical rehabilitation services, as well as aquatic therapy. We specialize in:

- Sports-related injuries
- Sprains and Strains
- Tendonitis
- Joint Pain/Joint Replacement Surgery
- Back and Neck Pain

Participants must have a doctor’s prescription in order to participate. We accept most insurance carriers.

Health & Specialty Classes

Living with Fibromyalgia and Chronic Pain
Take advantage of a series of classes designed to cope with chronic pain. Choose the ones that fit your needs or participate in the entire session. $18/class

CLASS 1- WHAT IS FIBROMYALGIA AND HOW IS IT TREATED?
Wednesday, Oct. 23, 2-4 pm

CLASS 2- SLEEP & PAIN
Wednesday, Oct. 30, 2-4 pm

CLASS 3- THERAPEUTIC EXERCISE TO DECREASE PAIN AND INCREASE MUSCLE POWER
Wednesday, Nov. 6, 2-4 pm

CLASS 4- NUTRITIONAL GUIDELINES TO RESTORE ENERGY
Wednesday, Nov. 13, 2-4 pm

CLASS 5- FIBROMYALGIA AND FAMILIES
(Fee includes all family members.)
Wednesday, Nov. 20, 6:30-7:30 pm

- Osteoarthritis
- and Degenerative Joint Disease
- Stroke
- Surgery
- Swelling Disorder
Aquatic Wellness Programs

FOR DATES AND TIMES OF THE CLASSES BELOW, SEE PAGE 6.

Memories In The Making
A fine arts program for individuals with dementia and their care partners. Memories in the Making is facilitated by a Pieters Family Life Center art therapist and is a partnership with the Alzheimer’s Association Rochester and Finger Lakes chapter. Meeting the first and third Mondays, please call (585) 487-3500 for a current schedule. This program is free to participants.

Taking The Lead
Taking the Lead provides a safe space where people with Parkinson’s can come together to learn a variety of dance techniques, maintain physical integrity, learn techniques that can help in day-to-day life, feel good and have fun moving.
Fee: $10/class or $50 for six classes
Spouse/Caretaker no charge

Swallowing Consultation
The Pieters Family Life Center is now offering individualized consultations/evaluations with a speech-language pathologist. The therapist will recommend strategies specific to your situation. This non-invasive table-side evaluation can be viewed as the first step to addressing your swallowing concern. Service may be covered by insurance.
Contact: Maria Rosa Capozzolo M.A. CCC-SLP
Fee: $90
Call (585) 487-3558 for an appointment

Connecting Voices
Join us for Connecting Voices, a therapy-based choir experience for anyone who is experiencing difficulty with breath support, vocal articulation and intensity, fluency, facial expression and swallowing. The group is specifically designed to provide opportunities for strengthening social connections and improving overall wellness in a supportive environment. No previous music experience necessary! Class meets on Fridays from 1-2 pm. Please check online or call ahead for class updates and cancellations.
Fee: $7/class or $60/ten-week punch pass

Aquatic Wellness

Programs
The Pieters Family Life Center is home to the region’s first HydroWorx 2000 therapy and fitness pool. This fully accessible pool has an underwa-ter treadmill and resistance jets – which allows for low-impact therapeutic exercise and aggressive conditioning for serious athletes. To view a video, visit www.pietersfamilylifecenter.org
Your session dates will begin after registration.

BACK HAB
If you have back pain or are just getting discharged from physical therapy for back pain, then this is the class for you. Learn lumbar stabilization exercises to strengthen core muscles in the therapy pool. Class limited to four participants.
Instructor: Elizabeth Grzeskowiak, PT
Fee: $60 for a six-week session

STEP IT UP A NOTCH
Spice up your workout. If you would like a more challenging program these next two classes may be what you’re looking for. Not for beginners or individuals who may need assistance but for the person who exercises at least three times per week.
Level 1- Interval walk program will take partici-pants through interval segments that will alternate from challenging speeds (4.0-6.0 MPH) back to cool down and back to challenging again. You will get a great cardio workout as well as improve your endurance and muscle strength.
Instructor: Erin Allen, MSPT
Fee: $90 for a six-week session

GOT KNEE/HIP PAIN?
If you have unresolved pain from arthritis, an ac-cident or chronic pain condition, this is the class for you. Come and experience the healing power of warm water while you increase muscle strength, balance and endurance. This class is especially helpful to those who are preparing for knee or hip replacement surgery or for those who have been discharged from physical therapy and need to continue a therapeutic exercise program. The class will utilize the pool at Holy Childhood, 100 Groton Parkway, Rochester, NY 14623 (right around the corner from the Pieters Family Life Center).
Instructor: Dawn Chock
Fee: $75 for a six-week session

WATER WALKING EXERCISE CLASS
A fitness option for those who find it hard to achieve cardiovascular goals on land due to joint, mobility, or chronic pain conditions. To intensify your cardiovascular workout, try the new higher speeds that have been added to the schedule. No more than four participants per class. The cost is $50 for a six-week session.
All new participants must sign up for a free 15-minute trial to determine appropriate class placement. Call (585) 487-3500 to register.

AQUA FITNESS
Enjoy gentle exercises that will help improve joint range of motion while strengthening and relax-ing muscles. $60 for a six-week session. For class days and times please call (585) 487-3500.

OH, MY ACHY BODY!
If you have unresolved pain from arthritis, an ac-cident or chronic pain condition, this is the class for you. Come and experience the healing power of warm water while you increase muscle strength, balance and endurance. This class is especially helpful to those who are preparing for knee or hip replacement surgery or for those who have been discharged from physical therapy and need to continue a therapeutic exercise program. The class will utilize the pool at Holy Childhood, 100 Groton Parkway, Rochester, NY 14623 (right around the corner from the Pieters Family Life Center).
Instructor: Dawn Chock
Fee: $75 for a six-week session

AQUABALANCE
This 30-minute class will focus on stretching, strengthening and endurance to improve stand-ing balance. The water provides a safe environ-ment by providing additional body support and ease of movement.
Instructor: Erin Allen, MSPT

PIETERS FAMILY LIFE CENTER • 5
**Garden Café Events**

**NEW! The ABC’s of Cooking Series**
A four-class series with a chance to learn hands-on cooking basics from terminology to methods and recipes!

<table>
<thead>
<tr>
<th>Time</th>
<th>Fee</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 1: Kitchen Basics</td>
<td>6-7 pm</td>
<td>Learn cooking terms, how to read recipes, food safety rules, appliance and gadget use and much more!</td>
</tr>
<tr>
<td>Oct. 8: Fall Favorites</td>
<td>7 pm</td>
<td>Learn to cook some fall favorites for your Thanksgiving table.</td>
</tr>
<tr>
<td>Oct. 15: Casseroles and Crockpot</td>
<td>7 pm</td>
<td>Make a simple breakfast, lunch or dinner with casseroles and crockpot recipes.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Fee</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 22: Celebrations at the Table</td>
<td>7 pm</td>
<td>Make a perfect special occasion meal from appetizers to desserts!</td>
</tr>
</tbody>
</table>

**GARDEN CAFÉ EVENTS SCHEDULE**

- **Sept. 25: Music by Thomas DePew**
  - Time: 7 pm
- **Oct. 2: Music by Johnny B**
  - Time: 7 pm
- **Oct. 16: Gems of the Nile Belly Dancers**
  - Time: 7 pm
- **Nov. 8: Holiday Bazaar**
  - Time: 4-9 pm
- **Nov. 13: Music by Just Friends**
  - Time: 7 pm
- **Dec. 11: Caroling hosted by Love Fellowship Worship Band**
  - Time: 7 pm

Contact Catalina Johnson for more information at (585) 487-3500 or cjohnson@pietersfamilylifecenter.org.

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**PROGRAM HIGHLIGHT**

**TRANSITION UNIVERSITY**

Transition University is a fun educational opportunity for young adults with intellectual disabilities, autism and social disabilities ages 18-24 years-old, who are transitioning from school to adulthood. Working with a team of skilled clinicians and professionals, students of Transition University will benefit from a supportive group environment while learning key skills that promote independence! Choose the course that most interests you!

**NOW YOU’RE TALKIN’!** - With the leadership of a speech language pathologist learn and practice important skills that boost conversation, build positive relationships and increase confidence in social situations.

**A PLACE OF MY OWN** - Are you overwhelmed by the possibility of living on your own? Join an occupational therapist to learn how to organize your home, accomplish daily tasks and practice other skills for independent living.

**DISCOVER “U”** - Creative arts therapists use art, music and dance as tools for self-discovery. Through creative explorations students will gain self-awareness, social awareness and other skills that promote success at work and at home.

**HEALTHY LIVING 101** - Join the PFLC wellness team to improve your health and wellness! Students will develop a personalized wellness plan that includes safe physical activity, healthy eating and how to make these a part of a daily routine.

<table>
<thead>
<tr>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Oct. 12 – Nov. 14</td>
<td>$100 for the semester</td>
</tr>
<tr>
<td>Nov. 21</td>
<td></td>
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# Weekly Class Schedule

## MONDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>8:30 am</td>
<td>AQUA Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>9:30 am</td>
<td>AQUA Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>11 am</td>
<td>Bone Building Exercises for Osteoporosis &amp; Arthritis</td>
<td>Cory Kruger</td>
</tr>
<tr>
<td>11:45 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Walk Fit</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>1:30 pm</td>
<td>Muscles in Motion</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>5:30 pm</td>
<td>Zumba</td>
<td>A. Merced, A. Merced</td>
</tr>
<tr>
<td>5:30 pm</td>
<td>Step it up a Notch (every hour)</td>
<td>Dawn Chock</td>
</tr>
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## TUESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructors</th>
</tr>
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<tbody>
<tr>
<td>7:30 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>11:30 am</td>
<td>AQUA Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>11:30 am</td>
<td>AQUA Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>noon-1 pm</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Weight Training/Endurance Fibromyalgia &amp; Pain</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>2:30 pm</td>
<td>Back to Basics</td>
<td>Cory Kruger</td>
</tr>
<tr>
<td>5:30 pm</td>
<td>Zumba</td>
<td>A. Merced, A. Merced</td>
</tr>
<tr>
<td>5:30 pm</td>
<td>Pilates</td>
<td>BarbNoskie</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Water Walking (every 1/2 hour)</td>
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## WEDNESDAY

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<tr>
<th>Time</th>
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<th>Instructors</th>
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<tbody>
<tr>
<td>7:30 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>11:45 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>noon-1 pm</td>
<td>Stretching &amp; Strengthening for MS</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>1:30 pm</td>
<td>Muscles in Motion</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>4:30 pm</td>
<td>Back to Basics</td>
<td>ElizabethGrzeskowiak</td>
</tr>
<tr>
<td>4:30 pm</td>
<td>Got Knee/ Hip Pain (every 1/2 hour)</td>
<td>Barb Cacia</td>
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<tr>
<td>5:30 pm</td>
<td>Zumba</td>
<td>A. Merced, A. Merced</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
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## THURSDAY

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<th>Time</th>
<th>Class</th>
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<tbody>
<tr>
<td>7:30 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>11:30 am</td>
<td>Aqua Balance</td>
<td>Erin Allen</td>
</tr>
<tr>
<td>11:30 am</td>
<td>Moving to the Groove</td>
<td>ShannonSeddon</td>
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<tr>
<td>noon-1 pm</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>2:30 pm</td>
<td>Back to Basics</td>
<td>Cory Kruger</td>
</tr>
<tr>
<td>3:30 pm</td>
<td>My Achy Body! Holy Childhood pool</td>
<td>Multiple</td>
</tr>
<tr>
<td>4:30 pm</td>
<td>My Achy Body! Holy Childhood pool</td>
<td>Multiple</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Yoga</td>
<td>HarlandBecker</td>
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## FRIDAY

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<tr>
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<th>Class</th>
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<tbody>
<tr>
<td>7:30 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>10:30 am</td>
<td>Stretch and Go! Exercise</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>noon-2 pm</td>
<td>AQUA Fitness (every 1/2 hour)</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>1:2 pm</td>
<td>Connecting Voices</td>
<td>MelindaKuwowski</td>
</tr>
<tr>
<td>2:15 pm</td>
<td>Taking the Lead</td>
<td>ShannonSeddon</td>
</tr>
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## SATURDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>10:30 am</td>
<td>Zumba</td>
<td>A. Merced, A. Merced</td>
</tr>
</tbody>
</table>
The Magic Paintbrush Project

Combining goals and creativity, our Magic Paintbrush workshops are designed to meet the needs of individuals of all ages with physical or developmental disabilities, and their caregivers. In a typical workshop, participants might roll a paint-covered ball over paper or use their hands and feet to draw—all while practicing new skills and enjoying time with family members and friends.

Participants take away a sense of family cohesion. They feel like they’ve succeeded at reaching their goals. And they laugh a lot.

Funding for the Magic Paintbrush Project has been made possible through the generous support of the Guido and Ellen Palma Foundation.

For more information about the Magic Paintbrush Project at the Pieters Family Life Center please contact Sara at scorona@pietersfamilylifecenter.org.

Creative Arts Therapy

Sometimes finding the right words can be tough, but spending time with a creative arts therapist at the Pieters Family Life Center can make it easier to work through complex feelings and stressful life changes. Our team of art, music, and dance/movement therapists provide individual sessions and the following group creative arts experiences:

- **Connecting Voices**: A therapy-based choir for those experiencing deficits related to speech.
- **Taking the Lead**: People with Parkinson’s can learn a variety of safe dance techniques.
- **Memories in the Making**: A fine arts program for individuals with dementia and their care partners.

For more information on these unique programs visit: www.pietersfamilylifecenter.org

### BASIC MEMBERSHIP

Includes unlimited use of the Pieters Family Life Center fitness center.
- Individual: $15/month
- Household: $30/month
One time registration fee: $50

### PUNCH PASSES

We also offer 10-visit punch passes.
- Fitness Pass: $20
- Exercise Class Pass: $60

### HEALTHYYOU

Join our HealthyYou community that provides support for wellness goal setting, supervised and supported exercise programs, therapeutic group exercise classes and more. $50 per month. One time $50 registration fee. Please contact us for more information.