You can do anything as long as you have the passion, the drive, the focus and the support! Aquatics classes in the Pieters Family Life Center’s specially designed HydroWorx exercise pool are a great way to get you on the right track towards improved health and well-being. “Aquatic exercise reduces pain and helps improve joint range of motion while strengthening muscles,” said Barb Cacia, wellness coordinator at the Pieters Family Life Center. “The low impact nature of aquatics exercise helps people with pain or are new to exercise in reaching their cardiovascular goals.”

Aquatics classes at the Pieters Family Life Center are also a great next step for people who are nearing discharge from physical or other rehabilitative therapy. To help you get started or take the next step in making a new you, try one of these specialized aquatics classes:

- Back Hab
- Got Knee/ Hip Pain?
- AquaBalance
- Oh, My Achy Body!
- Water Walking
- AquaFit

For a full listing of our aquatic exercise classes please visit www.pietersfamilylifecenter.org/aquatics or call us at (585) 487-3500.
Jan. - April 2017 Weekly Class Schedule

**MONDAY**
- 8:30-9 am: AQUA Fitness  
- Barb Cacia
- 9-9:30 am: AQUA Fitness  
- Barb Cacia
- 10-11 am: SilverSneakers Classic  
- Dawn Chock
- 11-11:30 am: Back Hab  
- Liz Grzeskowiak, PT  
- Cory Kruger
- 11:30 am-12:30 pm: Aquatics Exercise Class  
- Dawn Chock
- 12:30-1:15 pm: Walk Fit  
- Shannon Seddon
- 1:30-2:30 pm: Muscles in Motion  
- Barb Cacia
- 3-3:45 pm: Better Balance  
- Alex Mustardo, PT
- 4:30-5 pm: Back Hab  
- Liz Grzeskowiak, PT
- 5:30-6:30 pm: Zumba  
- M. Pandolfo
- 5-9 pm: Step It Up a Notch (every hour)  
- Dawn Chock

**TUESDAY**
- 7-8 am: Step It Up a Notch  
- Dawn Chock
- 8-9 am: Water Walking (every 1/2 hour)  
- PFLC Staff
- 10-11 am: SilverSneaker Circuit  
- Dawn Chock
- 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)  
- PFLC Staff
- 12:30-2 pm: Weight Training/Endurance Fibromyalgia & Pain  
- Barb Cacia
- 1:30-2:30 pm: Back to Basics  
- Cory Kruger
- 5-6 pm: Deep Water Exercise  
- Dawn Chock
- 6-7:15 pm: Yoga  
- Stacy Friedlander
- 6-9 pm: Water Walking (every 1/2 hour)  
- PFLC Staff

**WEDNESDAY**
- 8-9:30 am: Water Walking (every 1/2 hour)  
- PFLC Staff
- 10-11 am: SilverSneakers Classic  
- Dawn Chock
- 11:45 am-12:45 pm: Stretching & Strengthening for MS  
- Barb Cacia
- 11:30 am-12:15 pm: Moving to the Groove  
- Shannon Seddon
- 11:30 am-noon: AQUA Fitness  
- Barb Cacia
- noon-1 pm: Water Walking (every 1/2 hour)  
- PFLC Staff
- 1:30-2:30 pm: Back to Basics  
- Cory Kruger
- 3:30-4:15 pm: Oh, My Achy Body!  
- Multiple
- 4-5 pm: Water Walking  
- PFLC Staff
- 4:30-5:15 pm: Oh, My Achy Body!  
- Multiple
- 5-6 pm: Step It Up a Notch  
- Dawn Chock
- 5:30-6:30 pm: Pilates  
- Barb Noskie
- 6-7:30 pm: Water Walking (every 1/2 hour)  
- PFLC Staff
- 7:30-8:30 pm: Step It Up a Notch  
- Dawn Chock

**THURSDAY**
- 7-8 am: Step It Up a Notch  
- Dawn Chock
- 8-9 am: Water Walking (every 1/2 hour)  
- PFLC Staff
- 10-11 am: SilverSneakers Stability  
- Dawn Chock
- 11:30-12:15 pm: Moving to the Groove  
- Shannon Seddon
- 11:30 am-noon: AQUA Fitness  
- Dawn Chock
- noon-1 pm: Water Walking (every 1/2 hour)  
- PFLC Staff
- 1:30-2:30 pm: Back to Basics  
- Cory Kruger
- 3:30-4:15 pm: Oh, My Achy Body!  
- Multiple
- 4-5 pm: Water Walking  
- PFLC Staff
- 4:30-5:15 pm: Oh, My Achy Body!  
- Multiple
- 5-6 pm: Step It Up a Notch  
- Dawn Chock
- 6-8 pm: Water Walking (every 1/2 hour)  
- PFLC Staff

**FRIDAY**
- 10-11 am: Stretch and Go!  
- Barb Cacia
- noon-2 pm: AQUA Fitness (every 1/2 hour)  
- Barb Cacia  
- 1-2 pm: Connecting Voices  
- Melinda Kurowski

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**THE PiETERS FAMILY LIFE CENTER**

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.

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**HEALTHY YOU**

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

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**PUNCH PASSES**

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