

# THE PIETERS FAMILY *life center*

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Visit our website for a video tour!

## MAKE 2019 YOUR BEST EVER!

It's that time of year again. Everyone sets goals and resolutions. Here are some suggestions to help you get going - or to help you stay the course:



- Take stock of your past resolutions. Don't dwell on what you didn't accomplish. Focus on what worked well.
- Stop procrastinating. Just do it.
- Start with small attainable goals.
- Don't quit. Give yourself time to succeed. These things don't happen overnight!

We can help you with your goals!

If you're worried or nervous about using a fitness room, we're a great place to take your first step toward your New Year goal. The fitness room at the Pieters Family Life Center is an intimate space that offers a selection of easy-to-use, fully accessible fitness equipment. Our friendly staff will ensure you're comfortable with the equipment and ready to tackle your goals with confidence. No membership necessary to use our fitness room!

## NOT MOVING IS WORSE THAN SMOKING!



We've all heard that exercise helps you live longer but a new study goes one step further, finding that not being active is worse for your health than smoking, diabetes and heart disease. Researchers suggest that a sedentary lifestyle be treated as a disease that has a prescription: exercise. But for many people, due to pain, a chronic health condition or disability, being active is easier said than done.

Aquatic exercise classes in our HydroWorx therapy pool will support you in being active! The low impact environment and resistance of the water will get you moving in a comfortable and safe environment!

For a full listing of our aquatic exercise classes please visit [pietersfamilylifecenter.org/aquatics](http://pietersfamilylifecenter.org/aquatics) or call us at (585) 487-3500.

SEE FOR YOURSELF!  
We offer a free trial of  
water walking classes!

## WAYS TO KEEP MOVING

Being sedentary doesn't need to be synonymous with aging! As you grow older, an active lifestyle becomes more important than ever to your health! Our supportive and safe senior fitness classes, taught by certified instructors, will help you stay active! Use your SilverSneakers, Silver & Fit, and Optum Fitness Advantage senior fitness benefits with us! No matter your goal, one of these classes is for you:

**SilverSneakers Classic:** chair based exercises to increase strength and flexibility.

**SilverSneakers Stability:** improves balance and fall prevention.

**SilverSneakers Circuit:** a low impact workout that promotes endurance.



*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.*

## NEW AQUATICS CLASSES



### AquaStations

This water exercise class will operate like stations at a gym. Beginning with 20 minutes on the pool's underwater treadmill, participants will next move from station to station in the pool to work

on instructor led exercises that will promote strength, flexibility and endurance. This 60 minute class provides both the cardio exercise and resistance training you're looking for. Give it a try Monday, 11:30 am - 12:30 pm.

### AquaRun

This class is for the runner or athlete rehabilitating an injury or simply seeking a great cross-training opportunity! Enjoy the low impact training achieved in the water versus the land to help you reach your goals or get back into the action you're accustomed to. This class will use the pool's underwater treadmill at a speed range of 6 -8.5 mph. New to aquatic training? Give us a call to see how our pool works! Join us Monday and Thursday, 7:00 – 8:00 pm.

## 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
- Sprains and Strains
- Tendonitis
- Joint Pain
- Joint Replacement Surgery
- Back and Neck Pain
- Osteoarthritis and Degenerative Joint Disease
- Stroke
- Surgery
- Swelling Disorder

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

Visit [www.pietersfamilylifecenter.org](http://www.pietersfamilylifecenter.org) for a full list of classes.

To view online, visit: [PietersFamilyLifeCenter.org/schedule](http://PietersFamilyLifeCenter.org/schedule).

## Jan. - April 2019 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
11:30 am-12:30 pm	AquaStations
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	Water Walking
5:30-6:30 pm	Zumba
5-9 pm	Step It Up a Notch (every hour)
6:30-7:45 pm	Qigong

### TUESDAY

7-8 am	Step It Up a Notch
8-9 am	Water Walking (every 1/2 hour)
10-11 am	SilverSneakers 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
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	SilverSneakers 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
5-6 pm	Step It Up a Notch
6-9 pm	Water Walking (every 1/2 hour)
7-8 pm	AquaRun

### FRIDAY

10-11 am	Stretch and Go!
noon-12:30 pm	AQUA Fitness
12:30-1:30 pm	AquaBasics (every 1/2 hour)
1:30-2 pm	AQUA Fitness
1-2 pm	Connecting Voices

### SATURDAY

8:30 am - 1:30 pm	Water Walking (every 1/2 hour)
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*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!