

THE PIETERS FAMILY *life center*

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Visit our website for a video tour!

SIMPLE STEPS TO SIMPLE CHANGE

Has your doctor told you to be more active, but you don't know where to start? If so, you're not alone. Getting into an exercise routine can be intimidating for many people. You'll be surprised how much of a difference even



light activity can make on your health and well-being. At the Pieters Family Life Center, we welcome people of all abilities who are ready to get active. Here are a few ways we can support you in taking your first step to becoming more active:

Intimate and Easy to Use Fitness Room You'll find our fitness room to be non-intimidating, our equipment easy to use, and our staff friendly, helpful, and ready to get you moving regardless of your ability or fitness level.

Low impact Aquatic Classes Get moving in a variety of our small group, low impact aquatic classes. These classes are great for exercise beginners as the warm water provides a supportive workout in a comfortable environment.

We love visitors! Stop by and see how we can support you in reaching your health goals!

SENIOR FITNESS AT THE PIETERS FAMILY LIFE CENTER



We can help you stay fit and active with a variety of senior fitness programs! The Pieters Family Life Center is a SilverSneakers, Silver & Fit and Renew Active fitness facility. If you are eligible for these fitness services provided by Excellus, MVP Healthcare and United Healthcare, you'll receive:

- Free access to our senior focused fitness room
- Free access to a variety of supportive group exercise classes
- Senior discounts on aquatic classes and other Pieters Family Life Center classes

Our certified group exercise class instructors and personal trainers are ready to help you improve your strength, endurance, flexibility, posture and balance while you meet new people and have fun!

ADAPTIVE YOGA

Are you interested in the health benefits of yoga but feel traditional poses or getting on the floor is not for you?

Try our adaptive yoga class taught by a certified adaptive yoga instructor. Poses for this class will be tailored to your individual needs and abilities. At this class everyone is welcome and able to participate!

Wonder if it's for you? Stop by and observe a class Tuesday nights at 6 p.m.



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.

WATER WALKING

A Workout Tailored Just for You!



Water Walking is a great exercise option for people who may find it hard to be active on land due to joint, mobility, or chronic pain conditions. The buoyancy and warmth of the water lessens joint pain as you walk or jog, while the water provides resistance to intensify a work out.

Classes are held in our state of the art HydroWorx pool which offers a unique exercise environment.

- Underwater treadmill ensures your workout is just the way you want it.
- The pool depth is adjusted for your height and needs.
- Easy access with no stairs or ladders.
- No more than four people in a class to provide you with an intimate and personalized experience.

Give it a try! We offer interested customers the opportunity to experience what water walking is like for free. Give us a call at (585) 487-3500 for more information or email us at info@pietersfamilylifecenter.org

PHYSICAL THERAPY AND POST THERAPY



In partnership with Rochester Regional Health System, we offer a full range of physical therapy services including 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 for therapy services. We accept most insurance carriers.

Are you nearing discharge from physical therapy elsewhere? Let the Pieters Family Life Center be the Next Step in your journey to improved health and function. Our exercise professionals and physical therapists offer a variety of exercise classes to help you maintain your therapeutic goals.

To view online, visit: PietersFamilyLifeCenter.org/schedule.

May - Aug. 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
2-2:45	Circuit Training with Emily
3-3:45 pm	Better Balance
4-5 pm	Water Walking (every 1/2 hour)
5-7 pm	Step It Up a Notch (every hour)
5:30-6:30 pm	Zumba
7-8 pm, 8-9 pm	AquaRun

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
2-2:45	Circuit Training with Emily
4-4:30 pm	Back Hab
4:30-6 pm	Got Knee/Hip Pain? (every 1/2 hour)
5:30-6:30 pm	Zumba
6-8:30 pm	Water Walking (every 1/2 hour)

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)
4-5 pm	Water Walking
5-6 pm	Step It Up a Notch
6-7:30 pm	Water Walking (every 1/2 hour)
7:30-8:30 pm	AquaRun

FRIDAY

10-11 am	Stretch and Go!
noon-12:30 pm	AQUA Fitness
12:30-1:30 pm	AQUA Fitness
1:30-2 pm	AQUA Fitness
1-2 pm	Connecting Voices

SATURDAY

8:30-9:30 am	Step It Up a Notch
9:30 am - 1:30 pm	Water Walking (every 1/2 hour)

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!