

# THE PIETERS FAMILY *life center*

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[PietersFamilyLifeCenter.org](http://PietersFamilyLifeCenter.org)

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 [PietersFamilyLifeCenter](https://www.facebook.com/PietersFamilyLifeCenter)

 [RocPieters](https://twitter.com/RocPieters)

Visit our website for a video tour.

## WE'VE GOT YOUR RESOLUTION SOLUTIONS!



Every year, many people chose a list of resolutions for the next year. "I'll be more active," "I'll get in shape," or "I'll spend more time with family." Do these sound familiar? Generally, we make these resolutions because we want to improve our lifestyle but fail to realize that making changes in our daily habits is difficult and takes time. But anything is possible with passion, drive and the right support.

The Pieters Family Life Center has your resolution solutions. We offer:

- an intimate, non-intimidating, easy to use and affordable fitness center.
- small group aquatic exercise classes that are great for those just starting out.
- a welcoming environment where you can come as you are.

Visit us at [PietersFamilyLifeCenter.org](http://PietersFamilyLifeCenter.org) for a virtual tour or call (585) 487-3500 to speak with one of our staff members about how we can help you meet your goals for the new year.

## FOR SENIORS, WORKING WITH A PERSONAL TRAINER HAS MANY BENEFITS



Chances are you were fairly active when you were younger. Your interest in activities or supporting your loved ones kept you running around. But now life has settled down and you've found your body slowing down as well.

You want to feel better, not only for yourself, but also for your loved ones and the people who rely on you. Personal training at the Pieters Family Life Center uses your goals and abilities to develop an exercise plan, which you and the trainer will work through together. After learning your health history, your physical activity likes and dislikes, and measuring your starting point, your personal trainer will put a plan together to help you meet your goals.

Feeling unsure about the types of exercises you should be doing? Need instruction on how to use a certain piece of equipment? Wonder how much time you should spend exercising each week? Your personal trainer is there to guide you through all of these areas and more.

To learn more about how personal training at the Pieters Family Life Center can support you in your health and well-being, please visit [PietersFamilyLifeCenter.org/personaltraining](http://PietersFamilyLifeCenter.org/personaltraining)



*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.*

## CREATIVE ARTS THERAPY CONNECTING VOICES



Connecting Voices is a group music experience for people with Parkinson's Disease. Through singing and vocal exercises, group members work on breath support, clarity of speech, vocal volume, fluency and facial expressions. Connecting Voices uses a creative arts therapy approach that is enjoyable and fun, and helps strengthen social connections and validate physical and emotional experiences. No previous singing or music experience is necessary!

To learn more, please visit [PietersFamilyLifeCenter.org/creativeartstherapy](http://PietersFamilyLifeCenter.org/creativeartstherapy)

## HYDROWORX2000 THERAPY POOL MAKING IT EASIER TO MOVE



For many people, exercise is hard to accomplish because of chronic pain or low fitness levels. Our HydroWorx2000 therapy and fitness pool makes it easy for anyone to move! This fully accessible pool which is kept at a temperature of 90 degrees, uses an underwater treadmill, adjustable pool depth and resistance jets to get you moving in a safe, comfortable and supportive environment. To learn about our individual and group aquatic fitness services please visit [PietersFamilyLifeCenter.org/aquatics](http://PietersFamilyLifeCenter.org/aquatics)

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

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](http://PietersFamilyLifeCenter.org/schedule).

## Jan. - April 2020 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 pm	Circuit Training with Emily
3-3:45 pm	Better Balance
4-5 pm	Water Walking (every half hour)
5:30-6:30 pm	Zumba
5-7 pm	Step It Up a Notch (every hour)
7-9 pm	AquaRun (every hour)

### 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
2-2:45 pm	Circuit Training with Emily
5-9 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 pm	Circuit Training with Emily
5-5:30 pm	Got Knee and Hip Pain
5:30-6 pm	Got Knee and Hip Pain
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)
2-2:45 pm	Circuit Training with Emily
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!
11-noon	AquaStations
noon-2 pm	AQUA Fitness (every half hour)
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!