

A full-page photograph of a person with dark skin and curly hair, wearing a white tank top and teal shorts, performing a handstand on large, mossy rocks in a river. The person's legs are spread wide, and one arm is extended upwards. The background is a dense forest with green foliage. The title 'MIDTOWN Spirit' is overlaid in the top left, with 'Spring 2020' below it.

MIDTOWN Spirit

Spring 2020

- Construction Updates
- Peter Roberti Jr. Interview
- Meghan Mundy:
My Kind of [Mid]town
- Musicians Corner



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fitness and racquet sports

monday – thursday	5:00 am	–	11:00 pm
friday	5:00 am	–	10:00 pm
saturday	6:00 am	–	9:00 pm
sunday	7:00 am	–	9:00 pm

Members may use the locker room facilities up to, but no more than 30 minutes after closing time.

outdoor tennis courts [closed for season]

pool and deck hours [closed, reopens april 1]

the spa at midtown [closed during renovations]

marché café

monday – thursday	7:00 am	–	9:00 pm*
friday	7:00 am	–	6:00 pm*
saturday	8:00 am	–	5:00 pm*
sunday	9:00 am	–	4:00 pm*

* Grill closes 1 hour earlier.

gould street outdoor café [closed for season]

kidtown

monday – thursday	8:30 am	–	8:30 pm
friday	8:30 am	–	7:00 pm
saturday	8:00 am	–	6:00 pm
sunday	8:00 am	–	4:00 pm

the shop

monday – thursday	8:00 am	–	7:00 pm
friday	9:00 am	–	4:00 pm
saturday	8:00 am	–	noon
sunday	8:00 am	–	noon

holiday hours

easter	7:00 am	–	4:00 pm
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M I D T O W N

Spirit

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notes from chrissy

Chrissy Gawens
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Since stepping into the position of General Manager, some of the most common questions or comments I've heard are: *How does it feel to have to manage this monster renovation? Wow, what a terrible time to become the General Manager! I wouldn't want to be you right now.* One person even said to me, "I don't envy you. This is like renovating a Boeing 747 while in flight with a plane full of passengers and crew."

Am I crazy? Maybe I need to visit a therapist, because I'm having a great time! I feel honored and lucky to be the General Manager. We are in full facility transformation mode. To me, Midtown *is* transformation. That's the number one reason I love it here. No, I am not speaking about the temporary locker rooms, the loss of steam rooms, cardio equipment on a tennis court or members having to endure the day-to-day annoyances of noise or the yellow hard hats. None of us love any of those things. Heck, I arrive each day not even knowing where I am going to sit, take a phone call, or put my wet boots. However, by the time you finish reading this, we will be getting ready to celebrate and introduce you to some incredible new spaces!

Midtown is transformation. In my 16 years here, I have watched every aspect of Midtown be transformed and this renovation is the most recent piece. Midtown is where members and staff transform their lives. Most people would assume the obvious: people come here to lose weight or tone up. But that's where they're wrong; that's just a small part of the "why." Members join for a multitude of reasons. You yourself joined with a specific goal in mind. I am sure along the way you have found new aspirations that you didn't even know existed. Most of us didn't join just to belong to a premium club, but to improve —*transform*—some part of our lives. I love that. I am surrounded by a team of people who love seeing that transformation happen each and every day. They are passionate about their work at Midtown and they are here to help you. Over my many years at the Club working in different departments, I have watched infant members grow into adult members. I have watched people *transform* their social lives and find new friends. Some of you have found husbands, wives or partners here. Some have *transformed* their bodies or their tennis, squash,

paddle or pickleball games. Other members have *transformed* their minds, found stress relief, relaxed, or improved their overall wellbeing. I have watched members *transform* their careers and grow their businesses within our walls. The possibilities for *transforming* yourself at Midtown are endless.

My life has been transformed by Midtown. I came to Rochester just out of high school as a single mother. I came to Midtown with no other thought than to start my adult life and to provide for myself and my daughter. I never expected that Midtown would transform every aspect of my life. The Club has allowed me to continue my education. Working at Midtown began as a job and grew into a career. More importantly, I have developed some of the best friendships of my life with members as well as coworkers. It brought me stability and allowed me to focus on my passion, which is helping others live their best lives. When I look at our management team, I am so proud that at least 80% of them started in a position other than their current role.

In order for us to continue transforming people we must transform the facility. This is my fourth renovation. It is the largest since the addition of the spa, outdoor pool, clay courts and café in 2009. I have the pleasure of overseeing this "monster" club transformation. In the end you will have a club that will not only enhance your experience but will be filled with a team dedicated and passionate about helping you transform your life.

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fall activities

thanksgiving dance class,
novembrrrr pool closing party,
and halloween at midtown



peter roberti

On September 8, 2019, for what may have been the first time in his life, Peter Roberti, owner and president of sales at Adrian Jules Custom Clothier, wore a suit that wasn't tailored to perfection. Proving you can still "dress for success" in a swimsuit, Peter completed his first Ironman. To prepare for this 1.2-mile swim, 56-mile bike, and 13.1-mile run around Lake Placid, Peter trained at Midtown and drew on the lessons he's learned from the family business.



Glenn William: When did you get serious about personal fitness?

Peter Roberti: I've always been active. As a kid growing up, I was involved in sports but didn't become really serious in terms of training and nutrition until high school and college.

GW: Do you find your fitness and overall physical well-being ties into your profession with Adrian Jules?

PR: One hundred percent. I've always said that if Adrian Jules was a person, I want him to be me. I've always wanted to represent my brand well, and my physical fitness has been crucial to that goal. Back when I was in college, I weighed over 200 pounds. I was thicker, more muscled. You know, the more I could bench the better it was. But I remember seeing photos of myself, and I didn't like how I looked in my clothing even though they were made for me. So after college, I started working out at Midtown and I went more towards yoga and developing lean muscle.

GW: What inspired you to prepare for a triathlon?

PR: Well, let me start off by saying my friend Joe might tell the story differently, but this is how I recall it. Joe had been talking about doing this Ironman for a year, so every time we saw one another at the Club we talked about it. On this one particular night I said, "If you really want to do it, I'll do it with you." The next morning, he sent me a message telling me he'd signed up for it. Another week went by, and he's like, "Did you sign up for it yet?" So then I sent my wife, Joelle, a message saying, "We've got to sign up for this Ironman in Lake Placid that Joe already signed up for." And she sent me the link and asks, "Do you *know* what this is?" I knew what it was, but I didn't really know what it was.

GW: You signed up in March and the event was in September. Do you feel you gave yourself enough time to prepare? Did you do a test run?

PR: I didn't physically go to Lake Placid and do the course, but I did stuff locally that prepared me for it. I didn't even really know where to start with all the miles



of biking and swimming and running. But to use a business analogy: you don't build a multimillion-dollar business in just one day. If you're consistent in your discipline and you keep taking steps toward each goal each day, sooner or later, you'll be at the level you need to be. So that's what I did. I just set goals every month, every single week, and every day to get where I felt comfortable to compete.

GW: Did you feel confident and ready the day of the event?

PR: While I trained for the three parts of the triathlon, I would say there are two that I left out: nutrition and mindset. In order to complete a triathlon, the first step is you must believe you can complete it.

I would say I did strongly believe it right up until I was getting into the water. All of a sudden people around you start saying things like, "If you don't get out of the water in X amount of time then you're disqualified." And some people are having panic attacks and others were throwing up on the side and you're thinking, "What is going on right now?" Then you're just kind of sitting there until you can jump into the water. You can't listen to any music or anything like that. You're just listening to your own thoughts. It was then I realized that your mindset is just as important as your conditioning.

GW: How did your daily workout routine change in order to prepare for the event?

PR: I found myself coming to Midtown not only first thing in the morning, but also getting back here at night to bike or run. I've regularly run and biked both indoors and outdoors, but I hadn't done any swimming really since I was a kid. I had to almost reteach myself how to swim, and swimming in open water is even more challenging. One tip a fellow Ironman competitor gave me is that there's a wire that follows the course in open water. Always watch and stay close to that wire or you'll find yourself veering to the left or to the right. Some people can end up swimming almost twice the distance if they don't stay the course.

GW: Did you get any kind of coaching for swimming or anything else?

PR: I listened to some podcasts and some tapes. We also had a guy who has done multiple Ironmans. He helped us with preparations, especially with getting our bags and gear ready. Without him we would have been completely lost.

GW: Which parts were the toughest for you?

PR: I would say the part that I can most improve upon are the transitions. For example, once you get out of the water, you have to get into your biking gear and onto your bike. Whether that takes three minutes or 25, the time keeps on going. My transition time was awful. The second hardest part for me was the running, that was tough. It's towards the end of the race and you're tired. They have you run all the way down to one point, then turn around and run all the way back. While you're running down, at some point you see everybody running back towards you, and you realize how far ahead they are. Biking was the next hardest. Apart from the rough transition, swimming was least difficult for me.

GW: What was your goal?

PR: I just wanted to have fun with it, enjoy the moment and finish it.

GW: Were you nervous going into it?

PR: You know, I once heard that you get the same physical reactions whether you're nervous or excited: your hands get sweaty, your heart races. I think I was excited rather than nervous.

GW: How would you prepare differently for the next triathlon?

PR: I would probably choose an event in the summertime. It was only about 40 degrees out at Lake Placid in September, and when I got out of the water I was freezing. In the cold weather there's a lot more clothing to change, and in warmer weather my transition would be better. I would also spend more time running long distances and have the proper equipment.

GW: What are the main differences between running outside and running on a treadmill?

PR: I enjoy running outside and doing trail runs, but I also like coming to Midtown. On the treadmill I can listen to music or audiobooks or watch a movie, and all of a sudden I've been running for an hour and a half. You need strong legs, so doing the Stairmaster and Jacob's Ladder was very important to me.

GW: Can you draw any parallels from the approach you take to your work with the approach you took getting ready for the Ironman?

"In order to complete a triathlon, the first step is you must believe you can complete it. I would say I did strongly believe it right up until I was getting into the water."

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"I think it's pretty amazing to know you've made a difference at certain moments in people's lives... We always keep that in the back of our minds, and that's why we do it."

PR: It's similar in that it's about consistency and discipline. You've got to have goals, otherwise you're never going to meet your dreams.

GW: I had the benefit of getting to know your dad, and I see him as a perfectionist. Are you a perfectionist?

PR: I think I'm obsessed with trying to be the best, whether it be in business or physical training. You know you're obsessed with something when people start thinking you're crazy, like, "What is he going to do next?" When I was training for this Ironman, they were saying, "Why are you doing this?" But I think you always want to push yourself, because if you're in the same spot you were last year, or will be next year, you didn't grow.

GW: How long have you worked for Adrian Jules?

PR: I was 14 when I made my first suit. My grandfather bought a bolt of black fabric and a bolt of red, and he said, "This summer I'm teaching you how to make a suit." At that time, he had stepped away from the business, but was still doing what we called MWA: Management by Walking Around. I grew a real passion for the business, being kind of an artist and being able to make an impact on people's lives. I worked at it throughout high school and then got really involved after college.

GW: You work in a store and in a business with your father. Family businesses aren't always the simplest of relationships to manage. How has your relationship with your dad changed over the years?

"I think you always want to push yourself, because if you're in the same spot you were last year, or will be next year, you didn't grow."



PR: I think our relationship grew stronger. I think one of the reasons my dad's been successful is that he has the mindset that you must continue adapting and changing as time goes on, meaning what you did yesterday might not work today. Not only in terms of our



culture as a business, but our clients are also changing in the way they shop. We want to make sure that we're continuing to adapt to meet their needs and what they expect as a client of Adrian Jules.

GW: Conflict in business can be healthy. What kind of healthy conflict have you had with your dad?

PR: When I first got involved in the business, I remember certain times when even though we were headed towards the same goal, we had different approaches. This created some conflict, but we were able to merge them together to create a stronger foundation. Then we were able to bring on more people and teach them how to reach our common goals. I would say that my dad and I have similar strengths. We also have similar weaknesses, and we understand what they are, so we hire people who are better at those things than we are.

GW: What made you fall in love with this business?

PR: I think it's pretty amazing to know you've made a difference at certain moments in people's lives. You're able to touch people. I've seen grown men cry in our showroom when they walk out of the dressing room and look in the mirror for the first time. We're very fortunate. We always keep that in the back of our minds, and that's why we do it.





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member profile

nana duffy, m.d.

Are you a Rochester native? I grew up in Delaware and moved to Rochester for my dermatology residency. My husband



was born and raised in Rochester, so we receive a lot of support from his family who also lives here.

When did you become a Midtown member and what motivated you to join? I rejoined a couple of years ago. I considered it an investment in my mental health.

I really appreciate the inclusion of kids at the Club and the programs the Club offers. Kids are what make the Club for me. Spending time at the pool and swimming during the summertime is one of my favorite things. I'm excited about the future of the Club, particularly about the new spa space and the indoor pool.

What athletic activities do you participate in at Midtown and outside of the Club? Does hanging in the hot tub count as fitness? Actually, I used to train with Linsay and I really miss it!

How does your level of fitness affect other things in your daily life and work? I believe that exercise might be one of the antidotes to physician burnout. When I take good care of myself, I can in turn take better care of my patients.

Tell us about your career path and why you chose it. My dad used to tell me stories about my great grandmother, "Nana," who was a "roots doctor" in Jamaica. I think healing is in my blood.

What changes have you seen in dermatology over the last decade? What trends are emerging? There are more skin cancers diagnosed each year than all other forms of cancer combined. With recent data showing some sunscreen ingredients entering the bloodstream, my colleague Dr. Beth Lertzman and I are concerned that the incidence of skin cancer will continue to rise and people will just stop using sunscreen altogether, because they aren't adequately informed about the true risk/benefit ratio of using various forms of sunscreens.

Tell us about your philanthropic endeavors and why you are passionate about them. I'm a member of The Links

Incorporated, a national community service organization of professional women committed to enriching, sustaining and ensuring the culture and economic survival of African Americans and other persons of African ancestry. This past spring, the Rochester chapter created an organic garden in the backyard of a homeless shelter in downtown Rochester. I'm also the co-founder of the Black Physicians Network of Greater Rochester Inc., a local non-profit that helps black students realize their dreams of becoming physicians.

What inspires you each day? As a doctor, I am part of a group of individuals throughout time who have taken a sacred oath to care for the sick. We have the distinct privilege of seeing patients at their most vulnerable. I challenge anyone to find me something more humbling or inspiring.

What do you like most about living in Rochester?
Girls hockey!

What is your favorite way to spend a day off?
Being wrist deep in dirt in my garden.

What is your current favorite restaurant? I've always loved Edibles. It's such a quaint, romantic restaurant.

What's your favorite historical building or landmark in Rochester? My favorite site in Rochester is St. Luke & St. Simon Cyrene, which is the oldest remaining building still in public use. My children were baptized there and next year my husband and I will renew our vows there.

What book are you reading now and what interests you about it? I just finished reading *The Casket of Time* by Andri Snær Magnason to my girls. It's a children's book with a cautionary message to adults about the value of our time.

Tell us something about you that would surprise most people. Most people would be surprised to learn that I was a competitive ballroom dancer in college.

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my kind of [mid]town

by Meghan Mundy
Midtown Member and
Fashion Week of Rochester Co-Organizer



When my family and I relocated to Rochester, I told my husband I would stay in Rochester for five years and then I wanted to go back to New Jersey. I had a two-year-old and I was pregnant with my second daughter. I felt lonely, lost and friendless. The first thought I had was to find a good gym. I looked in the phone book (I'm dating myself here) and I found Midtown Health & Wellness Center. I went for a tour. The childcare, the friendly staff, all the workout options, the whole shebang. I was sold instantly.

"When my family and I relocated to Rochester, I told my husband I would stay in Rochester for five years and then I wanted to go back to New Jersey."

Midtown has been as supportive to me as I have been to it. As the founder of Fashion Week of Rochester, I was looking for a location to put our very cool Igloo tent. I approached Glenn and his team about hosting us on the open lot next to Midtown. I remember thinking, "If we put Fashion Week here, we will sell out every night."

Positive thinking paid off—this year we sold out all six shows, two weeks in advance!

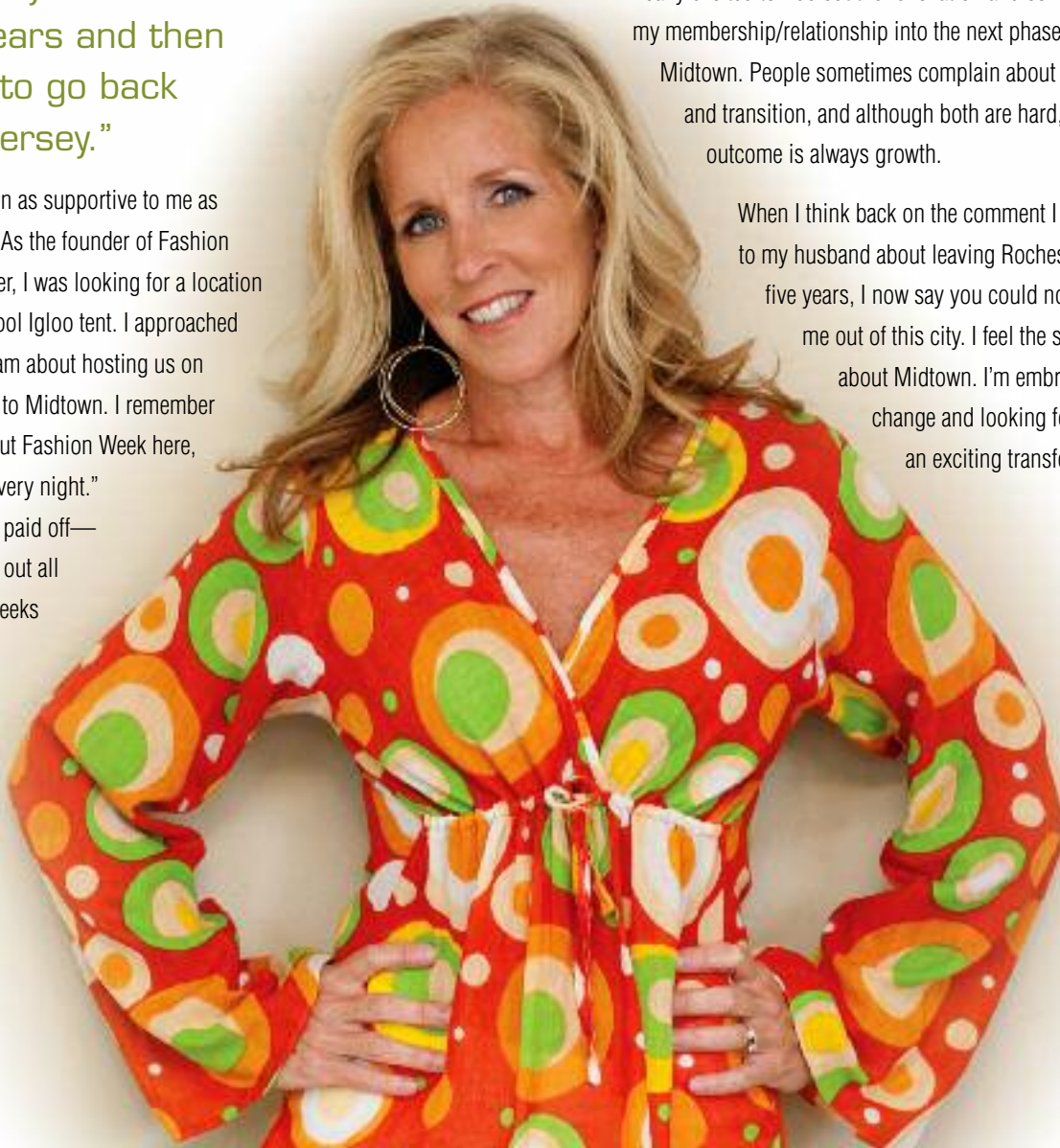
About two weeks after this year's Fashion Week, I decided to get back to the gym.

"I'm really excited to ride out the renovation and continue my membership/relationship into the next phase of Midtown."

As I walked into the Club, things had changed. In true Midtown fashion, however, they had an information desk set up with a sign that said, "Ask me anything." They directed me to the tennis court for cardio. As I was on the treadmill I started to reminisce about my relationship with Midtown. Gazing at the huge photo of what the new cardio floor will look like, I became incredibly inspired.

I'm really excited to ride out the renovation and continue my membership/relationship into the next phase of Midtown. People sometimes complain about change and transition, and although both are hard, the outcome is always growth.

When I think back on the comment I made to my husband about leaving Rochester after five years, I now say you could not drag me out of this city. I feel the same way about Midtown. I'm embracing the change and looking forward to an exciting transformation.





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OMEGA**

junior tennis program

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more than just tennis lessons

Tennis is the perfect sport to help your child develop the skills they need to be successful on the court and in life. Science has shown the mental and physical benefits of tennis outweigh those of other sports. Lifelong social networks are created when players learn to play on an individual basis and as part of a team. Discipline and dedication are nurtured through the process of the players improving their skills in this ultimate non-contact sport.

While most programs offer tennis lessons, Midtown's Velocity program goes further by pairing instructional lessons with competitions and play opportunities for players of all ages and levels. Ranging from novice to the more serious team athlete or tournament competitor, our instructors will keep them moving on the path to success.

In each session, players have the opportunity to practice their skills on the court assisted by our certified coaches to help them improve their game. Players will also learn to compete in skill appropriate environments as part of a team. Their skills will be put to the test at weekly games, where they can learn more about what aspects of their game they need to work on. Parents will also have regular communication with the program coordinators and coaches to discuss their child's development. Players are also encouraged to attend social events where they can play with their friends and family.

11-week winter session: Tuesday, January 28-Monday, April 13,
9-week spring session; Tuesday, April 14-Monday, June 15. No
class will be held on May 25.

LEVEL 7

Ages 4.5-5. This introductory program focuses on coordination training, movement and balance skills, as well as skills for sending and receiving. Players use red balls and play on a micro court.

LEVEL 6

Ages 6-7. A program of movement, balance, coordinated and motor skill development with a focus on self and partner rallying skills on the 36' court. Children will learn how to initiate a rally, move and judge a ball (reception and centering skills), control the racquet at the contact point and control the height, direction and depth to be successful on a 36' court.

LEVEL 5

Ages 7-8. By the end of this program, a child will be able to start a point with a full service motion and be able to move their opponent intentionally by controlling the direction of the ball. They will know how to adapt to different situations and should compete regularly in eight and under events.

LEVEL 4

Ages 8-9. Children will adapt to tactical play as they transition from the 36' court to the 60' court in both singles and doubles. Changes in lengths of swings, the addition of top spin and a greater development of net play and open racquet face skills will be focused on. Serves will progress to include greater pace as well as spin.

LEVEL 3

Ages 9-10. Children will experience the five play situations on the 60' court and will refine their tactical/technical skills. Concepts of offense/defense are introduced in both singles and doubles. Ball control exercises that enhance consistency, direction, depth and spin will be stressed. Players should compete regularly in 10 and under events.

LEVEL 2

Ages 9-11. Children will adapt to tactical play and technical skills as they transition from the 60' to the 78' court. Situational and competitive play in the five play situations will be planned in the curriculum as greater defensive demands on the player present themselves. Players should compete regularly in sanctioned events.

JV INTERMEDIATE

Ages 12-15. For players with limited tennis experience who are looking to play on their school team, this is the perfect class. The students will be exposed to all the basic skills of tennis including ground strokes, volleys, overheads and serves. The class will stress cooperation and competition in many of the drills and play situations.

LEVEL 1

Ages 12-15. Children will adapt to tactical play and technical skills as they transition from 78' green to 78' yellow play. Situational and competitive play in the five play situations are part of the curriculum as greater defensive demands on the player present themselves. Players in this level compete regularly in sanctioned tournaments.

HIGH PERFORMANCE

Practice is geared toward the more serious team athlete or tournament competitor. Competitive drills and situational point play are used to reinforce sound tactics and to achieve peak performance. Sessions also include off court conditioning with our Sports Performance professionals to help players perform better on court. Admission is at the discretion of the Junior Director.

Brennan R. Redmond, CFA[®], CFP[®]

at

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associate promotion

zach white junior tennis director

In December 2019, Zach White was promoted to Junior Tennis Director. The native born Canadian has been a tennis professional with Midtown Athletic Club since 2017. In addition to being a certified USPTA Elite Professional, Zach is a graduate of the USTA High Performance Coaching Program.

Before beginning his teaching career and joining Midtown, Zach spent his high school years taking online courses while living and competing abroad. Zach then went on to spend time on the ATP Tour and was a standout collegiate player at Mississippi State University where he played number one singles for the NCAA Division 1 team. During his competitive career, Zach also attained a ranking of Number 1 Junior U18 player in Canada, winning two consecutive national championships.



“Zach’s dedication to the development of athletes and players at every age is what makes him a great fit for this role. He will no doubt continue his impact on the tennis program to help raise the junior program to new heights.”

Since joining Midtown in 2017, Zach has made an immediate impact on the quality of the programs offered at the Club. His attention to the players in the performance pathway led to the creation of the Midtown Tour Team, a program through which players are recognized for their commitment to the game and the Club.

Recently Zach invested in training geared towards the athletic development of the Club’s youngest players through Midtown’s Multiskilz program.

“Zach’s dedication to the development of athletes and players at every age is what makes him a great fit for this role,” states Laramie Gavin, Director of Racquet Sports. “He will no doubt continue his impact on the tennis program to help raise the junior program to new heights.”

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Walk into any of Midtown's Yoga classes and chances are you will be surprised by the number of men attending. The instructors have noticed that it's usually the chance to gain flexibility that brings guys to yoga, but in the end what keeps them coming back and becoming Midtown Yogis is so much more. Our men of Midtown Yoga have experienced stress reduction, greater focus, increased strength, friendship and a greater sense of confidence through yoga.

Jon Schick and Dave Spurduto have been friends for many years and when they decided to attend the Midtown Yoga Retreat in Antigua last spring they had no idea that they would meet coworkers Tom Bucella and Nick Zito there, and become close friends. These guys may have bonded over yoga and island life in Antigua, but their friendship has deepened over the last year. Jon, Dave, Nick and Tom are regulars in the early morning and weekend yoga classes. You can usually catch them in the café after class "toasting" with a juice shot or working out on the fitness floor.

When asked to describe what it's like to be a part of yoga at Midtown here is what they said:

"When I first started yoga at Midtown my intention was to increase my fascia health and flexibility as a supplement to my fitness routine. I have been surprised by so many things: the total release that occurs during a power vinyasa class, the increase in strength and balance that has occurred over time, and most of all the camaraderie, encouragement,



[top, left to right] Tom Bucella, Dave Spurduto, Jon Schick and Nick Zito joined Randi Lattimore and Karyn Lederman at this year's Yoga Retreat in Antigua and became good friends.
[bottom, left to right] Jon, Nick, Tom and Dave.



and acceptance of the Midtown Yoga community. The teachers are unparalleled. Today, the rest of my fitness routine supplements my yoga program." —Tom Bucella

"I love yoga at Midtown. The instructors are top notch! No matter what kind of mood I'm in, I always leave class feeling better. I feel welcomed, accepted and loved by the yogis at Midtown. It's the cornerstone of my fitness routine." —Dave Spurduto

"When I started yoga at Midtown I was immediately welcomed and given special attention. I continue to be challenged and improve my practice. Yoga allows me to forget about the stresses of life and become completely focused with the task at hand. I love to attend classes all over when I travel and I can honestly say there are no better instructors than at Midtown. I have made so many wonderful friends and in the process I have improved posture, confidence, and a feeling of well-being." —Jon Schick

"I had always wanted to get into yoga, but everywhere I took a class I did not really enjoy it. I always felt that I was forcing myself to go because I was convinced it was good for me. It wasn't until I took a few classes

at Midtown that I realized how amazing yoga is. The difference between other studios and Midtown are the teachers. The teachers make everyone feel like we belong and encourage us to push ourselves. I figured I would become more flexible, but I never thought I would build strength too. I'm so thankful to be part of such a great group of people." —Nick Zito

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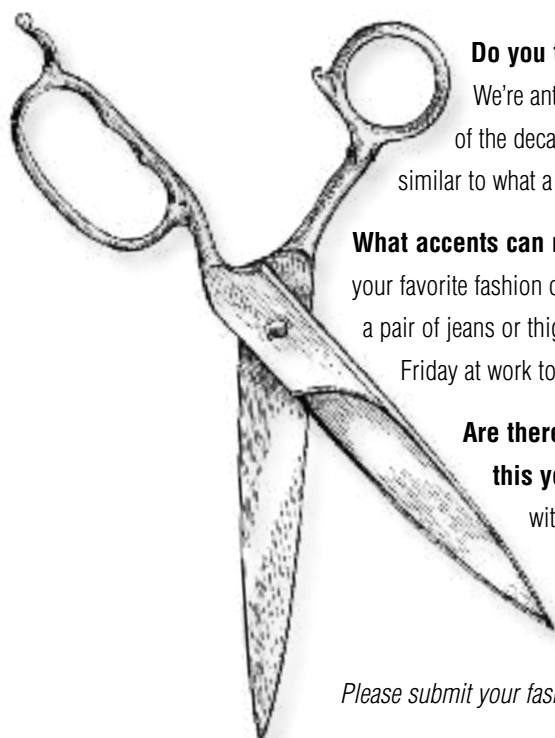
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wardrobe tips

by Peter Roberti
Adrian Jules Custom Clothiers



Do you think this new decade will reflect the style of the roaring twenties?

We're anticipating that plenty of trends from the twenties will make a comeback in celebration of the decade. You can expect that the man of style in the 1920s would wear something very similar to what a man of style in the 2020s will wear, such as bold stripes and wider lapels.

What accents can make my look stand out from the rest this season? We recommend letting your favorite fashion coat accented with a pocket square do most of the talking by dressing it down with a pair of jeans or thigh-pocket pants. This is a great look that can carry you all the way from casual Friday at work to a Friday night out.

Are there any garments that a man of style should update in his wardrobe this year?

In order to stay cutting-edge in this year's fashion, we recommend a suit with an easier fit and longer jacket length. Pleats are also making a comeback.

Adrian Jules' tailors can assist you in building a custom suit that reflects your style and gets you on-trend for the twenties.

Please submit your fashion questions to Peter Roberti via e-mail at peter@adrianjules.com.

constructive conversation

Glenn William: Jason, in addition to being Midtown's facility director, what additional roles are you playing regarding the renovation?

Jason Simpson: From a Club standpoint, I'm overseeing the construction and the general contractor on site. I'm also working with our corporate construction team, as far as communication and relaying the day-to-day progress. In this capacity, I serve as the Club's project manager.

GW: How do you manage to get everything done with your full-time job as facility director, plus your responsibilities with the construction and renovation?

JS: Very simply, I get it done with these two guys right here: Mike Barber and Robert Green. We have such a solid team of people who have been around the Club and know the ins and outs of every square foot of Midtown. This makes it relatively easy for me to hand off more of the day-to-day facility tasks. I trust these guys to see them through so I can take on more related to the construction project.

GW: Mike, how has your role in the maintenance department changed with the Club transformation project?



Mike Barber: Needless to say, it's gotten busier trying to stay ahead of the construction crews and still try to maintain the Club to members' expectations.

GW: Robert, there are only so many hours in the day. With these additional responsibilities, have you had to learn to become more efficient in the way you approach your job?

Robert Green: The truth is not really. At any point in time it can become "Helter Skelter"—putting out fires and then running to the next fire—but I understand that's the way a big project like this goes. We're constantly moving from one task to the next.

GW: Mike, in addition to Jason prioritizing work, do you prioritize your own responsibilities?

MB: Yes, I look at safety first and then everything kind of falls into place after that. When our work impacts members, again, safety is number one.

GW: Jason, give me a snapshot of what a day looks like from when you get up in the morning and come to the Club to when you get in your truck and go home.

JS: My day typically starts somewhere between 3am and



[left to right] Robert Green, Mike Barber and Jason Simpson

5am when my son wakes me up. From then it's checking emails, working to get ahead of the day, not knowing what my schedule is going to be from the second I step in the door. It's similar to what Mike and Robert alluded to; it's one fire at a time. It's a balancing act between managing the facility, and managing our members' and associates' needs. One thing leads into the next and that's typically how every day goes until I finally leave at the end of the day. And the next day, the cycle repeats.

GW: What have you learned through working for Bob McKernan for so many years that's contributed to your success as a facility manager?

JS: You're going to need more than one page in *Spirit* magazine for me to answer that question! But to summarize, I have admired Bob's character and how he approached work and how he kept himself organized. In many respects, I've looked up to him and tried to model myself after him. I've learned a great deal working with Bob on previous renovations. He and I even worked on this project, prior to him retiring, on things like the temporary locker room layout and the phasing plan for this job. Through our time together, he's coached me through some of the intricate details of reading blueprints in order to have a better understanding of the entire scope of a project. Bob's been a great coach and mentor.

GW: Do you get a sense of gratification for the work you're doing?

RG: At this point, I've seen photos of what the Club is going to look like, but I'm looking at it as a work in progress. Our associates and members are very supportive, so I walk away with some feeling of satisfaction and gratitude.

GW: Jason, is there a sense of teamwork between our construction department leadership in Chicago, the architect, the local construction team here, and you and your own team?

JS: There's no question about it, even though you're talking about a team that is relatively unfamiliar with one another, there has been a healthy sense of synergy and we're working through challenges together. We meet regularly, and that helps develop that sense of teamwork and camaraderie needed to work through the types of issues a project like this presents.



Fred the Moose heading for vacation in the Adirondack Lodge

GW: What's the most frustrating aspect of the project at this moment?

JS: It's wanting to do the best we can for our members, and oftentimes, it's just not being able to deliver enough. There are pain points we have to live with and that's frustrating because no one wants pain points. So we do our best to deliver every day.

GW: When the job is complete and the Club has been fully transformed, are you going to be bored?

JS: Absolutely not...that's when the fun really begins! After building all these exciting new spaces and amenities, we'll be busy "building" new policies and procedures and communicating them to our members.

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transforming midtown: men's locker room

Q&A

What's the rationale behind the locker room sequencing?

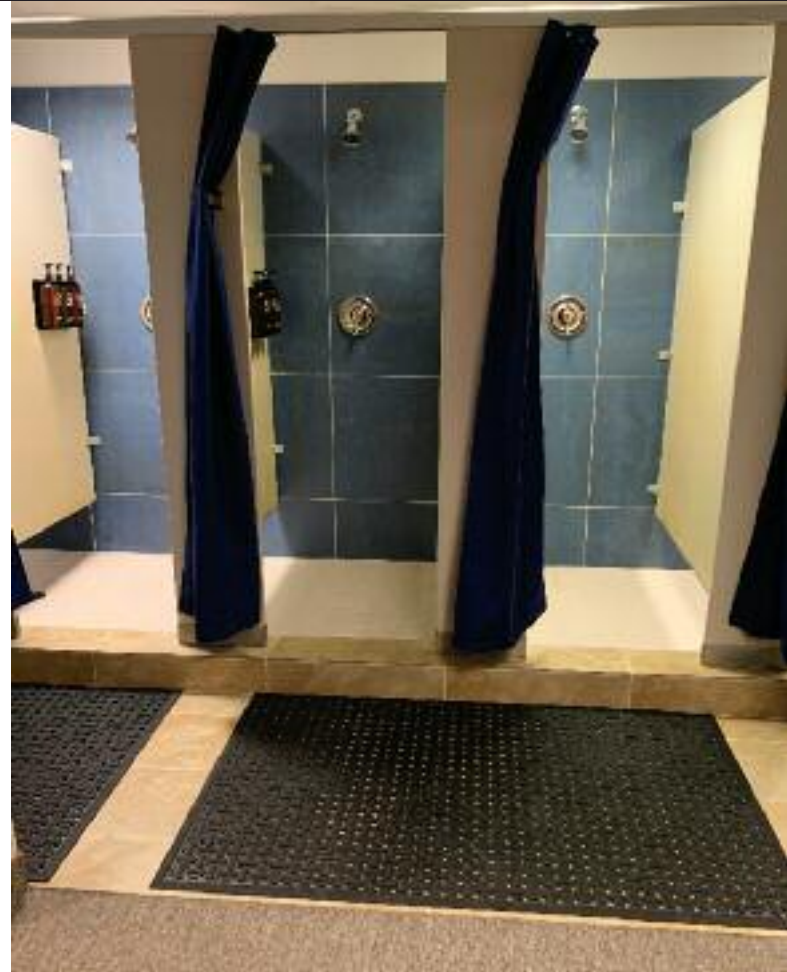
- Most of the mechanicals that feed both the men's and women's locker rooms date back to 1997 and need to be upgraded. They feed through the current men's locker room side. This dictated the pathway of locker room renovations needing to start on the current men's side.
- Since the mechanicals for the women's steam room and dry sauna are fed from the men's side, it will be necessary to fold renovation of these amenities into the time frame of construction of the men's side (one at a time, never having both down simultaneously).
- Because most of the mechanical work is happening on the men's side (including the women's steam room and sauna) the renovation of women's side, in contrast, will be a shorter time frame from start to finish. This played a significant role in the decision to place the women in the "new" men's locker room temporarily, as opposed to trying to coordinate a large-scale shift for the entire membership that again would be very temporary.

Why wouldn't we make the side swap for the women permanent?

- Based on historical data: male members use the locker room in greater numbers. The square footage on the current men's side is slightly larger, allowing the space needed to comply with occupancy code requirements.
- Most of the mechanical controls for both locker rooms feed from the current men's locker room. These controls need to be accessible during hours of operation to maintenance mechanics and contractors, overwhelmingly made up of male service people. Deviating from existing mechanical pathways would be extremely costly.

How long will the men be in the temporary locker room?

- Men will remain in the temporary locker room until the completion of the women's locker room, at which point both men and women will transition back to their permanent spaces (estimated time for completion: mid/late June).



What do children do during the time the family locker room is unavailable?

- Anyone under age 15 is asked to utilize the restrooms by the basketball court or in Kidtown. Both areas are big enough for parents and children. Kidtown is available and is also equipped with a diaper changing station. The men's and women's locker rooms will remain over 15 years of age. We chose to renovate the locker rooms during this season because our family locker room gets little to no use this time of year.

Will the family locker room be available when the pool reopens?

- Our hope is to have the family locker room available in late June. If the family locker room is not available, we will have other accommodations in place.



Lorenzo and Candi Napolitano competed in the

Spartan Super Race

in Atlanta, GA in September. The pair also attended the Spartan Sprint Race at Fenway Stadium in Boston in the fall with Christina Dodd and Kate McGuiness.



John Fox

loves to escape

for lunch with his Midtown friends. You can call him via the main reception at the Presbyterian Home on Thurston Road.

Thanksgiving Cardio Tennis



“Cousin IT” joins Midtown

...Sandy Gianniny having some Halloween fun



Members Nyssa Georas and Olivia Wilder ventured out on a 6am trek to The Narrows this past summer on the

100th anniversary for Zion National Park



Sandy Gianniny hiked at Big Bend National Park in Texas, and calls El Cosmico in Marfa

“the coolest campground in the country.”



Bill Martin strikes a pose with the

Statue of Liberty





Thanks for Giving Yoga

While on vacation in Malta, Fraida Levinson subjected herself to “punishment for missing a class at the Club” by **locking herself up** in the stockades.



Midtown Chain Reaction team participating in the

Go Pink Ride

on October 13th to benefit the Wilmot Cancer Institute Breast Cancer Center. Including Midtown members Tom DeRoller, Howard Kravetz, John Magee, Atul Gupta, and Tamara Clingerman.



Thanksgiving Tabata



Bob Lambrix

**recently
turned 80**

and trains with Hillary and Dina five days a week.
Bob is a true example of how moving your body
a little bit everyday keeps you strong and young!

Midtown members meet up at Gale Karpel's

art opening at Chocolate & Vines

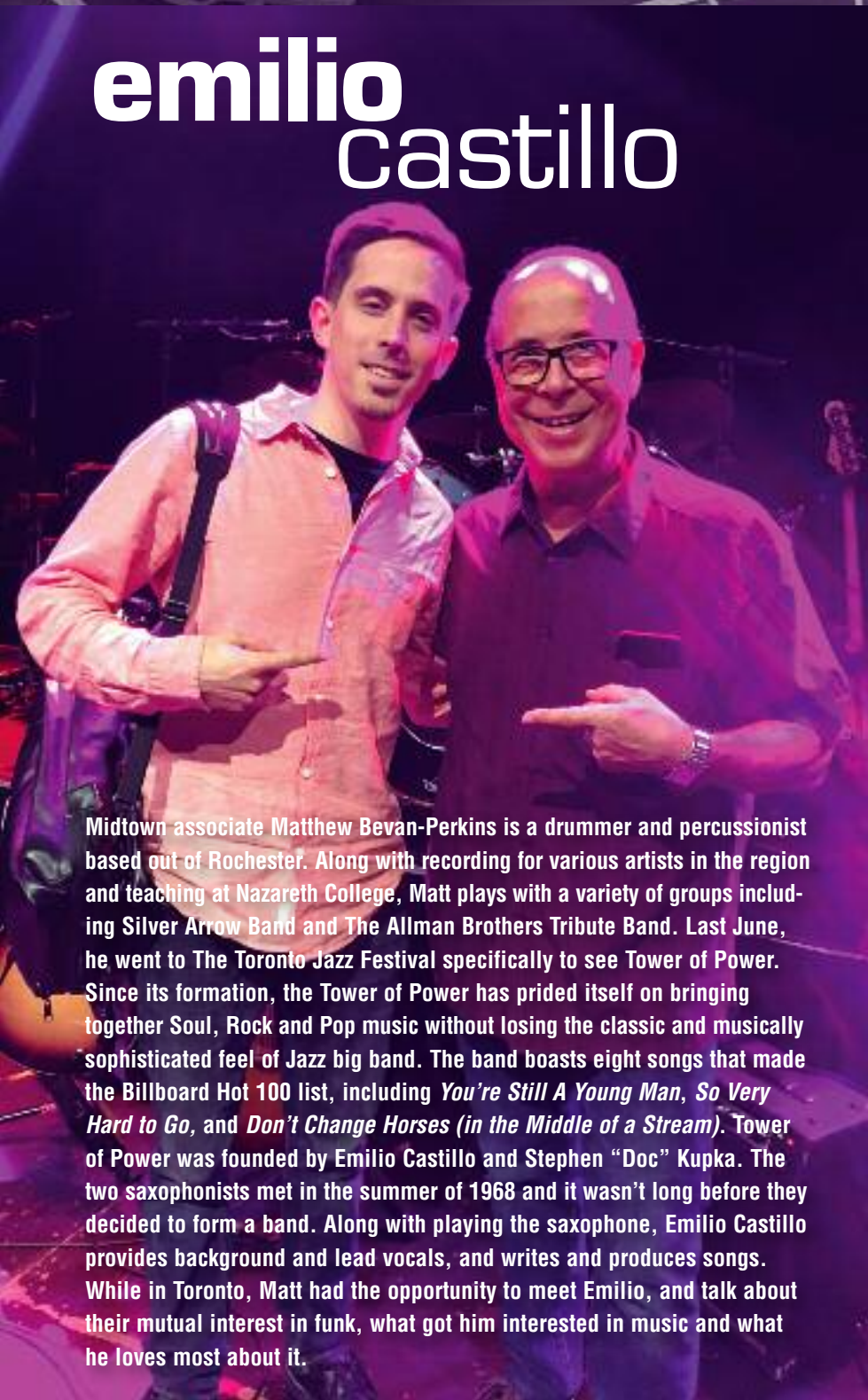


Midtown member and retired tennis coach Annette Shapiro was honored this year by tennis alumni, parents, family, and friends of Nazareth College by supporting Nazareth's new indoor athletic complex. The outdoor tennis courts on the campus were dedicated and permanently named

**Annette Shapiro
Tennis Courts**



emilio castillo



Midtown associate Matthew Bevan-Perkins is a drummer and percussionist based out of Rochester. Along with recording for various artists in the region and teaching at Nazareth College, Matt plays with a variety of groups including Silver Arrow Band and The Allman Brothers Tribute Band. Last June, he went to The Toronto Jazz Festival specifically to see Tower of Power. Since its formation, the Tower of Power has prided itself on bringing together Soul, Rock and Pop music without losing the classic and musically sophisticated feel of Jazz big band. The band boasts eight songs that made the Billboard Hot 100 list, including *You're Still A Young Man*, *So Very Hard to Go*, and *Don't Change Horses (in the Middle of a Stream)*. Tower of Power was founded by Emilio Castillo and Stephen "Doc" Kupka. The two saxophonists met in the summer of 1968 and it wasn't long before they decided to form a band. Along with playing the saxophone, Emilio Castillo provides background and lead vocals, and writes and produces songs. While in Toronto, Matt had the opportunity to meet Emilio, and talk about their mutual interest in funk, what got him interested in music and what he loves most about it.

Matthew Bevan-Perkins: If music weren't your career, what do you see yourself doing?

Emilio Castillo: I have no idea. I never deliberated what I'd be doing—ever. From the time I was 14, I found music and I knew it's all I'd ever do.

MB-P: Why the saxophone?

EC: It began when I was caught stealing a t-shirt. My dad basically locked me in my room with a notebook and told me to write down all the reasons I'd never steal again and what I'd do to keep myself busy. My brother and I told him we wanted to play music, so he took us to a store and said, "Pick out whatever you want." I chose the saxophone and my brother chose the drums. I always liked the horn players in the bands that we'd see in town. I was always drawn to the sax player, he was the cool guy in the band.

MB-P: You were born in Detroit, but your musical journey really started in the Bay Area. Do you ever think of where your musical path would have led you had you stayed in Detroit?

EC: I actually didn't start playing music at all until I was living in California. I grew up singing along to records and music was a big part of my life, but I didn't play until after I moved.

MB-P: You come from Greek and Mexican heritage. Does that influence how you play or write music?

EC: Not really. I'm the worst excuse for a Mexican you've ever met. I can't speak Spanish and I'm not into Salsa music. I know how to curse in Spanish and how to curse in Greek. That's about it! I knew I wanted my band to sound like the Soul

[above] Matt and Emilio at the Danforth Music Hall in Toronto; (opposite, top) Matt Bevan-Perkins on drums; (opposite, middle) Tower of Power members David Garibaldi, Roger Smith, Emilio Castillo, Jerry Cortez, Marcus Scott, Marc Van Wageningen, Tom Politzer, Adolfo Acosta, Stephen "Doc" Kupka, and Sal Cracchiolo—Photo by Micah Smith; (opposite, lower right) Emilio Castillo—Photo by Anna Webber



and R&B music of the Bay Area like Sly & The Family Stone and The Spyders.

MB-P: You've been in the industry a long time. You're a prolific live performer, but you're also a writer and producer. Is there a specific hat that you wear that you enjoy more than others?

EC: I truly love it all. I love being a bandleader and being in the studio. I love performing, writing, and producing. I like wearing many hats. Any one thing can come in and swoop into first place. There's nothing like the exchange of energy with a great crowd, but there's also nothing like the writing process in the studio. I got sober back in 1988 and at the time I thought, "I remember now how much I got off on making music." There's nothing else like it.

MB-P: You've had the opportunity to play with a who's who list of musicians. Is there anyone, dead or alive, that you haven't played with that you'd want to join on stage?

EC: Sting. I met him one time with Eric Clapton and Robert Cray. Robert introduced me by saying, "This is Emilio, the leader of Tower of Power." And Sting says, "Oh, Tower of Power! Great band. Before The Police, I had a Tower of Power clone band. We used to play 'Don't Change Horses (in the Middle of the Stream)' and 'Only So Much Oil In The Ground.'" I always thought it'd be great to redo those with Sting, but it hasn't happened yet.

MB-P: Lastly, I'd love to hear your thoughts and reflections on the late Bill Graham.



MB-P: When you aren't playing music, what do you like to do to keep busy?

EC: I'm a Christian, so every morning I get up and I study the bible for about two hours. It gets me ready for the day. I'm also in recovery and it's a big part of my life. I go to meetings when I'm home. I also just got married, and we like to travel together and generally just enjoy life! My wife and I are very into exercising, going to the gym, and eating healthy.

EC: Well, I truly believe the music business today wouldn't be what it is had it not been for him. There is major league, corporate and big arena rock and roll because of him. He was a classy guy, a soulful guy. A man from the heart. He was a great friend to us.





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Giving back is important to Midtown and its advertising partners, whose business cultures are rooted in philanthropic endeavors. Look for stories about the great work they do in our community in each issue of Spirit—and be inspired!



Financial Freedom Group gives back to the community in a few different ways. In addition to participating with the community foundation to help their clients learn about philanthropy opportunities, they deliver turkeys to those in need around Thanksgiving and volunteer at River Spring Lodge fundraising concerts for charity foundations like Make-A-Wish and Hunter's Hope. Throughout the past year, the group has also helped service the needs of the homeless and low income population at some of the soup kitchens around the city. One of the groups partners serves on the board of RoCo.



Whether it is supporting people with developmental disabilities, providing funding for autism programs, raising money for children's charities, or rappelling down the 21-story Kodak Tower to raise money for Urban Scouting, employees and leaders at **Taylor the Builders** believe it's the company's duty to step up to help the community. "You can't rely on government for all the answers," says CEO James Taylor. "We have to take care of things ourselves, be actually involved to make a better community. We feel blessed to be in a community like Rochester and work with organizations like these. We truly embrace the spirit of giving. It's part of our culture."

Local organizations such as the Rochester Childfirst Network, Rochester Press Radio Club, Pluta Cancer Center, Ronald McDonald House, Penfield Little League, Rochester Community Baseball, AutismUp, Compeer Rochester, Make-a-Wish Foundation have benefited from the group's monetary and volunteering efforts.

Through their work with the Heritage Christian Foundation, Taylor and its employees support Heritage Christian Services, a thriving human services agency in Upstate New York that works to make sure everyone—including children, older adults and people with intellectual and developmental disabilities—feels valued and respected. Current and past employees are founder/members of the Heritage Christian Young Professionals Group and have served on their board, investment committee, and as the Golf Tournament committee co-chair which raised \$415,000 in net revenue the past four years.

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- ...The fall and spring equinoxes are the only two times during the year when the sun rises due east and sets due west.
- ...Spring almost always arrives on March 20 or 21, but sometimes on the 19th. The reason the equinoxes and solstices don't always come on the same day is because the Earth doesn't circle the sun in exactly 365 days.
- ...If the Earth rotated on an axis perpendicular to the plane of its orbit around the sun rather than on a 23.4° tilt, there would be no variation in day lengths of seasons.
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member profile

jodie borlaug



Are you a Rochester native?

I moved to Rochester in 2016 when I was offered an amazing opportunity to be a partner at Financial Freedom Group. My son lives in Henrietta and my twin daughters moved back home with me after graduating college. My siblings also live in the area.

What do you like most about living in Rochester? I enjoy going to different restaurants around the city and experiencing the amazing variety of flavors and spirits they have to offer. Tournedos Steakhouse is my favorite! The atmosphere is quiet and elegant, the service is impeccable, and the flavor of the food melds together on my palate every time! I discovered a breathtaking view at Cobbs Hill Park, which makes a great spot for a picnic date. I've also enjoyed a pedal tour through the city and volunteering as a ski instructor.

When did you become a Midtown member and what motivated you to join? I joined Midtown in March 2018 because I was looking for new ways to meet people and wanted to experience some sense of community. The Club enables me to be physically active while being in a social setting. I am looking forward to the end results of the renovations and can't wait to try out the new spa.

I enjoy playing tennis with friends and am on the Twilight and Interclub leagues. I love the tennis experience that Midtown offers, every year I attend the Antigua Tennis Retreat! I've made many new friends through the leagues and cardio tennis. After each tennis session, I find myself relaxing in the hot tub!

I often do yoga with my daughters, have tried several cardio classes, and go to many social events. I prefer to work out with my daughters because we challenge and encourage each other to make it to the Club regularly. I also enjoy playing volleyball and downhill skiing. In the summer I waterski and try to go boating as often as I can. I recently tried scuba diving and loved the experience so much that I decided to get my PADI license.

Tell us about your career path and why you chose it.

I enjoy educating people to make better financial decisions. Through the financial planning process, I educate my clients

on ways to protect their family for the unknown future. Being a financial advisor and offering life, health, long term care, disability, and Medicare insurance are tools that mitigate risk and help my clients provide for their future.

What changes and trends have you seen in wealth planning?

Health insurance is the most overlooked expense for retirement. Today, people are living longer, pay more for health insurance, and are realizing that they need to save more for retirement on their own, as opposed to relying on a company pension like their parents did.

One of the challenges I face is helping clients explore the cost and value of their employer health insurance, as opposed to individual Medicare insurance. Many pay an excess each month for their Medicare through a previous employer, not realizing that I can help them get an individual policy with premiums for a smaller amount and with similar or potentially more coverage that includes vision, dental, and hearing benefits. When I hear clients say that choosing a plan is too confusing and that they're afraid to make a change, it's rewarding to watch them overcome these obstacles and extremely gratifying to educate seniors to make informed decisions and empower them to do it on their own.

Tell about any philanthropic endeavors and why you are passionate about them.

I sponsor a child, Merrari, through Food for the Hungry. I strive to bless other people with some of my surplus of finances and time. This will be my third year delivering turkey baskets to the needy on Thanksgiving. I am passionate about it because one Thanksgiving when I was a child, my family was in need and the local church surprised us with two Thanksgiving baskets. I volunteer time at the River Spring Lodge throughout the year when they have fundraisers for local charities in Western New York, and for Hunter's Hope and Buffalo Make-A-Wish. I enjoy serving others and find it fulfilling to be able to give back to my community.

What is your favorite way to spend a day off? Sleeping in is always a treat! My Saturdays begin by going to the public market before the crowds start flooding in to enjoy fresh pastries and some coffee. I strive to go every week and miss it terribly when I find myself too busy to get there. I also like to go swing dancing or playing volleyball at Hot Shots.

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member experience

Joe

Joe Sargent

I've been a Midtown member since 2006. At that time, I was playing college basketball at SUNY Cortland and I did personal training with Sam Owens to help with my fitness goals. After I stopped playing college basketball, I was not diligent with my diet and exercise. I slowly started gaining weight, and by the summer of 2018 I found myself weighing 340 lbs. My son had just turned one and it was a struggle to keep up with him. I decided to make a life-style change and take my fitness and diet seriously.

I set an initial goal of 65 lbs and never looked back. From the summer of 2018 to the summer of 2019 I lost 100 lbs. I currently weigh less than I did when I graduated high school. I'm now a group exercise class junkie, and I love all of my Midtown instructors. I typically do classes six days a week. This includes Power Vinyasa yoga, Ignite, Tabata, MXT, Firehouse and Grit Cardio. Getting into yoga this past year has helped every aspect of my fitness, and I'm kicking myself for not doing it when I was younger. Fitness plays two roles in my ability to perform at work and in life. Physically, it's increased my energy significantly, and mentally it puts me in a good place because I know I'm making healthy choices.



"I set an initial goal of 65 lbs and never looked back. From the summer of 2018 to the summer of 2019 I lost 100 lbs...I'm now a group exercise class junkie, and I love all my Midtown instructors."



I grew up in Henrietta, and my parents still live in Rochester. My wife, Kara, and I have a son, Roman, and I have two stepsons, Teagan and Owen. My favorite way to spend a weekend is being with my family. We enjoy walking around the Park Ave neighborhood and taking in the summer festivals. I also enjoy golfing when I have the time. I've been in medical device sales since 2011. Most recently, I joined a surgical

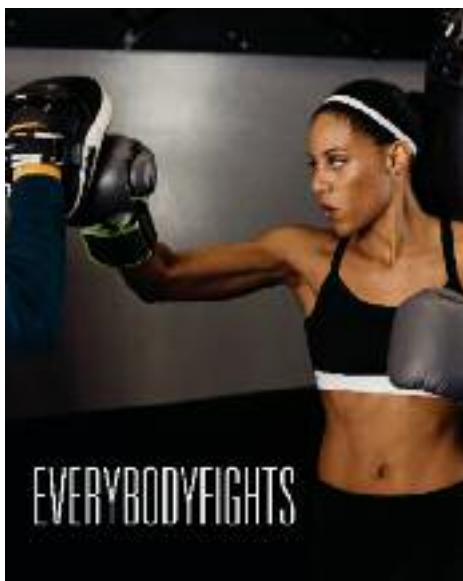
robotic startup company. I enjoy working with doctors and teaching them about new technology that can help make surgery easier for them as well as improve patient outcomes. Over the last decade, minimally invasive surgery has become the standard of care for every specialty and with that comes innovation and new technology. Surgeons are judged more and more on patient outcomes, so anything they can do to make things less traumatic for their patient is important. Robotic-assisted surgery is one of the fastest growing segments of medical device and will continue to grow every year.

Being overweight made exercising difficult, but I knew I had to stick with it to hit my goals. I appreciate how encouraging and supportive Midtown staff has been during my journey. I've always felt the instructors have known exactly how hard to push me, and I don't think I would have been able to do it without them.

transforming midtown: new studios

New Look, New Feel, Same Heart & Soul

Although our spaces are new, they are still uniquely Midtown. You will find Midtown's warmth and personality rooted in every square inch of our newly transformed club. Love, care and attention to detail has gone into creating every new space in our club. We truly ARE your fitness oasis.



EverybodyFights® (EBF) - The king of boxing gyms. Developed by George Forman III, EBF combines the grit of a traditional boxing gym with the luxury of a modern studio. Train like a boxer. EverybodyFights is an authentic boxing-inspired group fitness class modeled after a real boxers training camp and fight. Our EBF studio has twenty-six hanging bags and even a boxing ring. Whatever your experience, there is a class for you.

Theater - Get ready for an experience of awesome lighting and sound where our world-class instructors take center stage. Traditional theater provided the creative inspiration for our new Group Exercise Studio. The Theater is all about performance and you will be immersed in entertainment. Programs include Zumba, WERQ, Barre, Body Pump and Grit.

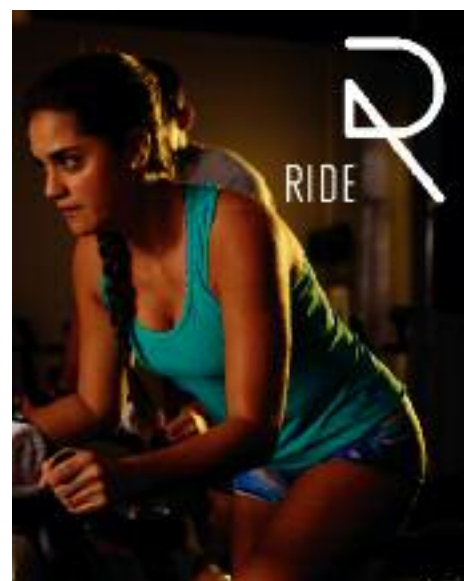


The Field - The Field is where athletes go to make their mark. Drawn right out of a coach's playbook, the atmosphere is all about teamwork, camaraderie and good old-fashioned competition. The Field is raw, the pinnacle of functional, athletic training designed for performance and functional training. You will be inspired to run, jump and skip the minute you set foot on it. The Field will be booming with Programming like our signature MXT and Firehouse, along with new formats such as EveryDay Athlete and Battle (just to name a few).



Arena - Escape your limits in Arena. If you are looking to increase endurance, power or speed look no further. Arena Studio provides the venue and programming for you to Push beyond limitations in this treadmill interval workout combined with strength training. Your experience in Arena will leave you drenched in sweat but exhilarated and wanting more.

Ride - Ride to your heart's content! We have three signature classes depending on how YOU like to ride. Enjoy a long winding journey, power through a short sprint or turn your bike into a dance floor. Our RIDE studio offers stadium-style seating and a giant LED quality screen and theater-quality sound. Our classes will offer something for all members to enjoy, whether you are a cycle-class rookie, a high-intensity cyclist, or a music-driven exerciser!



Samadhi - Mind & Body with a whole lot of soul. To name our studio, we reached out to Rochester's expert yogis. The ultimate purpose of the yoga practice is to "achieve Samadhi," a restful state of mind. Samadhi is a stage of enlightenment and interconnectedness with those around you. The Samadhi studio offers a myriad of classes that cater to all levels of experience. Heated classes like Power Vinyasa and IGNITE, Yoga Jam and Pilates Excel all warmed by our radiant heated ceiling panels. Looking for more peace and less stress? Try our Yoga + Mindfulness or Gentle Yoga classes. Samadhi is a yoga experience like no other.

Pilates - The new Pilates studio at Midtown will be equipped with Clinical Reformers, the most versatile and practical machines on the market. Offering unsurpassed adjustability, these Reformers offer more than 160 positions, making them adjustable for all sizes. We are excited to offer our new CoreAlign machine as an ideal tool for improving sports performance. Our skillful Pilates instructors offer private, semi-private and small group classes with the focus on mind/body connection. Pilates programming will challenge you and improve balance, gait, alignment, core strength, flexibility and posture.



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two feet off the ground

Shara Chisholm

Fitness Coach

512.2807

shara.chisholm@midtown.com



About a year and a half ago, it became apparent that the need to change myself was staring me right in the face. Accepting that challenge required me to uproot from a comfortable place as I moved from a local club to join Midtown and the fitness team.

I accepted the challenge of taking a risk all while having faith in the unknown. There was no other way to go about this change without allowing both my feet to come off the safe and solid ground on which they stood. So, I took a deep breath in, closed my eyes and exhaled all uncertainty, doubt, and fear. In doing so, I allowed myself to be open-minded to the possibilities that existed outside my peripheral vision.

Along all great journeys and leaps of faith into the unknown, it's imperative to set yourself up for success by supplying yourself with just a few necessary tools in your tool belt. Steps I took on my journey into the unknown were:

Find a trusted and educated guide, someone who can effectively help to direct your next step. For me, Midtown embodied what I was looking for. It was apparent just how highly educated and experienced the trainers and instructors were and their standards set the expectations for my own growth. It became easy to trust, talk with, share ideas, and learn from my mentors and coworkers on a day-to-day basis.

Create a plan rooted in experience and sound knowledge, that can be adapted to the course as it changes unexpectedly. When I first started, I was asked to write down my monthly and yearly goals. Being specific to the areas I wanted to focus on allowed me to structure a plan for a successful transition. Putting a framework around my goals provided the structure I needed to stay on task with the flexibility to travel down different paths to get there.



“Making a leap of faith requires both feet to leave the ground at the same time. When we are no longer able to change a situation, we are challenged to change ourselves.”

Lastly, form a “tribe” of people around you to keep fueling your confidence and motivation in the journey.

When I think of the difficult choice to uproot, most of my hesitation existed in leaving clients and members who felt like family. I am grateful that this tribe of clients and members has expanded to include new faces, with new goals and stories that are now intertwined in mine. My Midtown Tribe is a family of loyal clients, members that consistently join me in class on a weekly basis, and friendly faces who truly make it feel like home.

I am challenging you to reach up onto your tiptoes and lift off the ground on which you

comfortably stand to accept the change you seek for yourself. I assure you, when you are a Midtown member, you are provided all the tools necessary to guide your journey. With coaches and instructors who are experienced and educated above expectations, you will find confidence that these trusted guides can lead you.

The plans, programming, and events are customized and designed for you to experience something familiar in an unexpected way, giving you confidence to move forward and find potential you may not yet realize exists within you.

The Midtown Tribe exists to fuel your journey (a little bumpy right now), but in the long run gives confidence to your steps forward and will allow you to see potential in the space you don't yet know exists within you.

If your journey seeks a guide, plan, or tribe, look no further than Midtown. Take a deep breath in and accept the potential that change can bring to your life. Accept the demands along the way, for your reward is in the difficulties you overcome. Be proud not just in reaching your goal, but of every single step you take.

events calendar

february 1–may 31, 2020

Due to ongoing Club renovations, all events and locations are subject to change. [Please note: The Spa and the Service Coordinators Office will be closed during the renovations.] Unless otherwise indicated, all events require registration. Register online at www.midtown.com/events, or call the Front Desk at 461.2300.



Cycle for Hope

**Saturday, February 1, 9:00–9:50 am
and 10:00–10:50 am**

Join us for a 2-hour spinning marathon benefitting Camp Good Days and Golisano Children's Hospital. Simply sign up and pledge \$25 or more for every hour you participate. All levels welcome. Registration required.

Family Valentine's Dance

Saturday, February 1, 5:30–7:30 pm

All ages. Come to Midtown for a family date night with a live DJ and dancing. Dress up, share the love, and dance the night away. \$8 per person, \$25 per family. Price includes snacks and beverage. Registration required.

**Tax Planning Seminar with Brighton Securities
Presented by Gary Michaels, Financial Advisor
and David Manioci, CPA and Tax Manager
Wednesday, February 5, 5:30–7:00 pm**

Get a head start on your 2020 taxes and find out which tax law changes may affect you. Complimentary for members and guests. Registration required.

Varsity Club: Kid's Night Out

Saturday, February 8, 5:00–9:00 pm

Ages 5–12. Kids will start with a pizza party in the Varsity Club, rotate through fun activity stations and end the night with s'mores and a movie. \$15 per member; \$25 per guest. Registration required.

Construction WERQ

Sunday, February 9, 11:30 am–12:30 pm

It's hammer time! Join our very own Construction WERQ Team for an hour of dance and de-stressing. Complimentary for members and guests. Refreshments and raffle to follow. Let's raise the roof!

Vegan Dinner

Thursday, February 13, 5:00–9:00 pm

Enjoy a vegan dinner with the best spring has to offer. No registration required.

Valentine's Day Yoga Classes

Friday, February 14

The theme today is love! Celebrate the power of love in all of our regularly scheduled yoga classes and then stay afterwards to enjoy some hot chocolate with your yoga friends. Complimentary for members and guests.



Camp Midtown: Mid-Winter Recess

February 17–21, 9:00 am–4:00 pm

Ages 3–13. Don't miss out on a fun-filled day of tennis, yoga and winter activities. \$59 per member, per day; \$69 per guest, per day. Contact Kelsie at kelsie.bunce@midtown.com for weekly rate. Registration required.

Family Roller Skate Night

Saturday, February 22, 5:00–7:00 pm

All ages. Party the night away with all your Midtown friends. DJ, skates, dinner, and fun for all ages and abilities! Price includes food, beverage and skates. Members and guests welcome. \$8 per person; \$25 per family. Registration required.

Yoga + Mindfulness for Stress Reduction

Sunday, February 23, 1:30–2:30 pm

Learn and practice Mindfulness and Gentle Yoga together. This technique quiets the mind and reduces stress. Complimentary for members and guests.



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Paddles for Saddles

Friday, February 28 and Saturday, February 29

Members and guests are invited to join us on one or both nights for drinks, dinner, live music, fundraising and raffles. Saturday morning marks our 9th annual men's and women's paddle tournament. For more details stop by the front desk or visit www.facebook.com/paddlesforsaddles. All proceeds from both days benefit the EquiCenter of Mendon, NY, a non-profit organization that provides therapeutic equestrian programs for at-risk youth, veterans and people affected by disabilities.

Varsity Club: Kid's Night Out

Saturday, March 7, 5:00–9:00 pm

Ages 5-12. Kids will start with a pizza party in the Varsity Club, rotate through fun activity stations and end the night with s'mores and a movie. \$15 per member; \$25 per guest. Registration required.

Cycle Soundtrack Week

Monday, March 9–Sunday, March 15

Take any PWR or VIBE class on the schedule and let the music move you all week long. Complimentary for members. No registration required.



Perrin Yang Quartet at Midtown

Monday, March 9, 6:30–8:30 pm

Join us in the living room for a wonderful classical concert by the incredible violinist, Perrin Yang, and his group. Complimentary for members and guests.

St. Patrick's Day Dinner

Monday, March 16, 5:00–9:00 pm

Come and enjoy an Irish meal and celebrate. Traditional corned beef or vegan Irish stew dinner offered for \$13 per person. \$3 Labatt's Lite. No registration required.

Family Roller Skate Night

Saturday, March 21, 5:00–7:00 pm

All ages. Party the night away with all your Midtown friends. DJ, skates, dinner, and fun for all ages and abilities! Price includes food, beverage and skates. Members and guests welcome. \$8 per person; \$25 per family. Registration required.

Meditation & Reiki

Friday, March 27, 6:00–7:30 pm

Join Reiki Master Erin Garvin for an evening of wellness. Experience the grounding of meditation paired with the healing power of Reiki. \$20 per member; \$25 per guest. Registration required.

Varsity Club: Movie Night**Friday, March 27, 6:00–8:30 pm**

Ages 5–12. We'll take care of the arcade games, pizza, snacks and drinks, you bring the kids. An awesome night at the movies is on the Varsity Club! Complimentary for members; \$10 per guest. Registration required.

**Club Sponsored Event at Record Archive
Featuring Significant Other****Wednesday, April 1, 5:00–8:00 pm**

Join us at Record Archive for a free concert featuring Significant Other. As a Midtown member, show your Midtown key tag and you'll receive a free drink!

Camp Midtown: Superintendent's Day**Friday, April 3, 9:00–4:00 pm**

Don't miss out on a fun-filled day of tennis, yoga and the first chance to swim in the pool! \$59 per member, per day; \$69 per guest, per day. Contact Kelsie at kelsie.bunce@midtown.com for weekly rate. Registration required.

**Blue Whale, Blue Lips Pool Opening Party****Saturday, April 4, Noon–2:00 pm**

Where else can your family swim outdoors in April? Our official first day open is Wednesday the 1st, but come for the party on Saturday with food, fun, and prizes with all your outdoor swimming friends. Complimentary for members and their guests. Registration required.

Varsity Club: Kid's Night Out**Saturday, April 4, 5:00–9:00 pm**

Ages 5–12. Kids will start with a pizza party in the Varsity Club, rotate through fun activity stations and end the night with s'mores and a movie. \$15 per member; \$25 per guest. Registration required.

Camp Midtown: Spring Recess**Monday, April 6–Friday, April 10,
9:00 am–4:00 pm**

Don't miss out on a fun-filled day of tennis, yoga and the first chance to swim in the pool! \$59 per member, per day; \$69 per guest, per day. Contact Kelsie at kelsie.bunce@midtown.com for weekly rate. Registration required.

Craft Beer Tasting

Wednesday, April 15, 6:00–8:30 pm

Enjoy a selection of local microbrew along with pub style food. \$20 per person. Registration required and closes April 10th.

Midtown Mixers at The Revelry

Tuesday, April 21, 6:00–8:00 pm

Your favorite Midtown associates are guest bartending at The Revelry to help raise proceeds for the American Diabetes Association's 2020 Tour de Cure. As a Midtown member, show your Midtown key tag and you'll receive a free drink! Music by Significant Blues Band. When you donate, you'll receive a raffle ticket for the chance to win a Spa Day at Midtown and dinner for two at The Revelry.

Varsity Club: Movie Night

Friday, April 24, 6:00–8:30 pm

Ages 5–12. We'll take care of the arcade games, pizza, snacks and drinks, you bring the kids. An awesome night at the movies is on the Varsity Club! Complimentary for members; \$10 per guest. Registration required.

National Pilates Day

Saturday, May 2, 10:30–Noon

Join Lizabeth Burrows for a festive celebration of National Pilates Day. Complimentary for members. Registration required.



Varsity Club: Kid's Night Out

Saturday, May 9, 5:00–9:00 pm

Ages 5–12. Kids will start with a pizza party in the Varsity Club, rotate through fun activity stations and end the night with s'mores and a movie. \$15 per member, \$25 per guest. Registration required.

Perrin Yang Quartet at Midtown

Monday, May 11, 6:30–8:30 pm

Join us in the living room for a wonderful classical concert by the incredible violinist, Perrin Yang, and his group. Complimentary for members and guests.

Varsity Club: Movie Night

Friday, May 15, 6:00–8:30 pm

Ages 5–12. We'll take care of the arcade games, pizza, snacks and drinks, you bring the kids. An awesome night at the movies is on the Varsity Club! Complimentary for members; \$10 per guest. Registration required.

Memorial Day Summer Kick-Off Party

Monday, May 25, Noon–2:00 pm

Summer has officially arrived! Celebrate Memorial Day with pool games and activities. Complimentary for members. Guest fees apply. To register children under the age of 21 at the youth guest rate of \$18 contact the Front Desk at 585.461.2300. Registration required.



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a tree grows in samadhi

Randi Lattimore
Program Director

512.2799

randi.lattimore@midtown.com



Walk into Samadhi and you will experience a yoga studio that is totally unique. The lighting sets the mood and provides a warm glow to a space that is expansive enough for a vibrant and ever-growing yoga community at Midtown. There are rich, dark, wood floors and a ceiling that is laden with panels providing radiant heat to yogis and evenly warming Samadhi in the healthiest way. It is quite possibly the most beautiful yoga studio that you have ever set your eyes on and in the very center under a skylight grows our tree. As Samadhi is brought to life, the tree represents the essence of the Midtown yoga community that was born years before Samadhi's inception.

Many Midtown yogis have been practicing together for over a decade, some even two decades. As a yoga school accredited by Yoga Alliance, we have held ten years of Yoga Teacher Training programs. Over 250 yoga teachers in the Rochester area have graduated from Midtown and become Certified 200-Hour Yoga Teachers. We have held countless yoga classes, workshops, events and book clubs taught by the finest yoga teachers in Rochester, which have added to the depth and breadth of Midtown Yoga. There is no doubt that yoga at Midtown has deep roots.



This is where the story of the Samadhi Tree comes in. As Midtown yogis were getting ready to bid farewell to the studio that had provided a space of learning, growing, loving, healing, awakening, connection and much more, we wanted to commemorate our experiences, bid farewell in a special way and create an intention for our new home in Samadhi. Midtown yogis were given paper leaves to write on. Some yogis wrote a quote, a note of gratitude, some wrote something that they were ready to bid farewell to, something that no longer serves them. Others wrote prayers, song lyrics, hopes and intentions for the future. We have collected hundreds of leaves and this is how our tree grows.

We gathered all the leaves, encapsulated them and "planted" them in the base of the Samadhi tree. The tree has become an exquisite symbol of the deep meaning, connection, roots and growth that has been experienced by our yoga community. As the tree branches elevate and expand from the base to the trunk and up to the sky light above. It symbolizes our future growth, and as the Sanskrit word "Samadhi" is translated the highest limb of yoga, our bliss.

Come practice with us in our sanctuary. Our Samadhi. Namaste.



a night out at the drydock lounge

I was in the midst of changing the ice bag on Dad's foot. It was swollen, not broken, and he had suffered from a restless night's sleep. "I told you to stop kicking," I lectured Dad. "I was only trying to help you," Dad responded, his face downcast, more in embarrassment than in pain.

The night before, Dad had told me I was going to love this guy, his buddy, Billy Peppers. Billy played a Hammond B3 organ and sang corny show tunes and TV jingles on stage at Jimmy's Dry Dock Lounge. Jimmy's was a 1960s style, cheesy nightclub in Dania Beach, Florida. Theme songs to *The Flintstones*, *The Addams Family*, and *The Jeffersons* were all part of his repertoire. Billy wore a starched, black tuxedo with tails. He had a great set of dentures that stood out as a white, toothy smile. We were seated in a prime spot; a little round, two-top table, the kind that you would sit at for cocktails and appetizers, not for dinner.

This was 1996 and Dad was a young-looking 84 years old. The era of Lawrence Welk, Perry Como and Dean Martin was well behind us, but Dad loved that old New York nightclub scene. There was no question that's where his love of this was place was rooted. Jimmy's brought back great memories of a romantic night with Mom in her prime at a place like the Copacabana in New York City (a place that would have stretched his slim wallet). Mom had passed away 20 years earlier at age 52 from cancer.

Billy, wearing a thick, black, ill-fitting toupee, was about to start his show. Dad was particularly proud that Billy gave him a personal wink and a nod of recognition when he was introduced on stage. Our table was in the pit and we were surrounded by a mezzanine-level of booths behind and alongside of us. It reminded me of a theater without the upper and lower balconies.

I've always thought that martinis straight-up were a mandatory cocktail at these types of clubs. Jimmy's Night Club and Billy Peppers still had a strong following of the old guard. The place had a full house of white-haired men and women with one foot deep in the past and the other foot on the gas pedal, trying to figure out how to get on the on-ramp of I-95.

The room lights were dimmed and the stage lights were full force as Billy began crooning to the chords on his Hammond B3. Dad wore a smile as large as the ocean. I saw him occasionally look at me, seeking my approval. How could I not approve; Dad was having so much fun.

A booth of four on the mezzanine directly behind us was having a lot of fun too, but in short time the volume of their laughter and conversation grew out of proportion. Their boisterous voices got to the point of being rude and distracting to Billy's performance.

The apparent leader of this foursome was a tall, rangy guy who appeared to be in his 50s. He was a distinctive looking man with a long, gaunt and weathered face. He boasted a full head of curly gray hair. Yeah, the guy was an aging stud; perhaps he was a former model past his prime?

We've all been to a play or a concert where we've experienced somebody in the audience having a conversation during the performance. It becomes annoying, irritating, and inconsiderate and it's fundamentally disruptive to the performance.

The volume from "the booth" was escalating, and Dad was making numerous attempts to look back and stare this group down. I tried to encourage Dad to forget about it and enjoy Billy's show. After all, Billy was well into an excellent rendition of *The Beverly Hillbillies* theme song, but there





[above] Glenn and his dad.

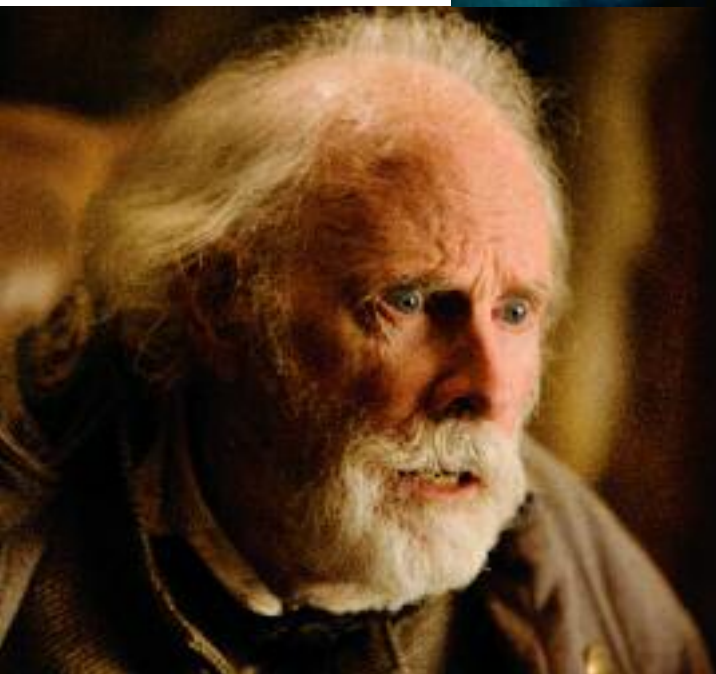
“Out of the blue,
in front of our table
appears ‘the stud’
with his full head
of wild, crazy hair
complemented by
a set of intense blue
eyes, which seemed
to be rolling around
in his head.”

was mounting tension in the room. A short time later, Dad didn’t make things better when he fully turned around in his chair to amplify a loud “Sshhhhhhhhh” to the offending group with his fingers to his lips, staring long and hard at the offenders.



gone, actually singing along. As a kid, I had a crush on Ginger.

Out of the blue, in front of our table appears “the stud” with his full head of wild, crazy hair complemented by a set of intense blue eyes, which seemed to be rolling around in his head. Leaning over the table with his face drawn close to Dad’s, who was seated, he asks, “Have you gotta problem with me?”



Totally taken by surprise, I immediately intervened by putting myself between him and Dad. I suggested he go back to his table and keep his voice down. But “our friend,” who appeared to have been “over-served,” was intent upon continuing an angry dialogue. He crept closer with his face just inches away from Dad’s. When he put his hand in Dad’s face and pointed his finger, I gave him no further opportunity to say another word. Out of the instinctive reflex of a son protecting his elderly father, I grabbed one of those red glass, bubbled table candles with my right hand and brought it down on the threatening intruder’s head.

Like action figures moving to the backdrop of the theme tune of *Bonanza* (that Billy was now playing), the three of us, along with our cocktails and appetizers, all went down. There we were lying on the floor with “the stud” lying on his back, fighting to get up with me spread-eagled on top of him. We must have appeared like two wrestling snow angels, one on top of the other struggling on the hard linoleum. I had him pinned to the floor with my hands, arms and legs, trying to keep him contained until someone in authority came to help. He was a wiry guy, but I had succeeded in maintaining my position on top of him as we squirmed and struggled together.

I did my best to tune out the distraction as Billy, to my delight, was now playing and singing the theme to *Gilligan’s Island*. I was in a world of my own, reliving my childhood and, with half my martini



with Schaechter, The Path to Paradise and Long Journey 9013/001

JUDITH SCHAECHTER

THE PATH TO PARADISE

ON VIEW FEBRUARY 16–MAY 24, 2020



Lead support is provided by the Henry Luce Foundation, with additional funding from the Gallery Council of the Memorial Art Gallery, the Rubens Family Foundation, Pamela Miller Ness and Paul Marc Ness, Corning Incorporated Foundation, and the Art Alliance for Contemporary Glass.

The exhibition is also supported in part by an award from the National Endowment for the Arts.



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Dad, in his best effort to support me in keeping our friend contained, was kicking him in the groin, or so he thought. The problem was this guy's crotch was perfectly placed, snug into the post attached to the base of the table that remained standing. Dad was kicking the hell out of the base of the table post. There I was, lying on the floor, keeping our buddy pinned to the ground, screaming for management to help and at the same time yelling at Dad to stop kicking the table. This was multitasking at a new level. I recall that distinct, sweet smell of Lysol on the floor while all this was happening.

As I looked up waiting for help to arrive, I remember seeing Billy Peppers confused and perplexed. But his music never stopped and he was still seated behind his keyboard playing and singing. What's an old musician to do? No less than I expected, he went into the full-blown theme song of *Happy Days*.

Management finally arrived and peeled me off Mr. Gray Locks whose hair was now infused with the remnants of two gin martinis and crushed Cheez-Its.

Like two boxers in a ring at the end of a late round, they moved us to separate corners of the floor. Shortly after, the police arrived. Jimmy, the owner of the club, told the police he had witnessed the entire spectacle from the start and he acknowledged that our loud-mouthed, curly-haired friend was the instigator.

Jimmy apologized to Dad, telling him that he was always welcome back. He then asked the two of us to leave, offering to pick up our tab. I put up a bit of an argument as to why the other party was remaining, but Jimmy told us he was throwing them out as soon as we were off the property. To my disappointment, Billy had stopped playing. I had hoped to hear him play the theme to *The Flintstones*, where everybody sang along, but that would have to happen another night.

As we left the nightclub we walked past a black stretch limousine with a chauffeur, its engine running under the club's canopy. We got into Dad's Oldsmobile 88 and I drove home. Dad had removed his shoe and sock during the drive. He was trying to rub circulation back into his sore foot.

The next morning I was applying cold bags of ice to Dad's foot as he read the morning paper, the Fort Lauderdale *Sun Sentinel*. Dad was a few pages into section B when he commented, "Wow, we weren't

the only action at Jimmy's last night, look at this." I took the paper, read the single column article and replied, "No, Dad. Other than Billy Peppers, we were the only action at Jimmy's last night." At the top of the single column article was a photo of our curly-haired friend. The headline read, "Academy Award Nominee in Altercation at Night Club."

Hah! Our curly-haired friend was famed Hollywood actor Bruce Dern.



The story gave a fairly accurate account of what had happened, and I was pleased to read that the group of boisterous offenders were thrown out. The article ended by stating no charges were pressed.

I spent a good part of the day applying fresh bags of ice to Dad's foot. I made us dinner at home that evening and afterwards I ran out to Blockbuster to rent a video. We settled into the evening watching the Vietnam-era movie *Coming Home*. The movie starred

Jane Fonda and Jon Voight (who both won Academy Awards) along with our buddy from the night before, Bruce Dern, who was nominated for an Academy Award.

We laughed throughout the movie recalling the series of incidents that came to be the previous night. Father and son take on famous Hollywood actor. There was no need to embellish or exaggerate what had happened; it was already a bizarre story. Watching that movie in laughter was more responsible for Dad's quick recovery than all the ice I could have put on his foot.



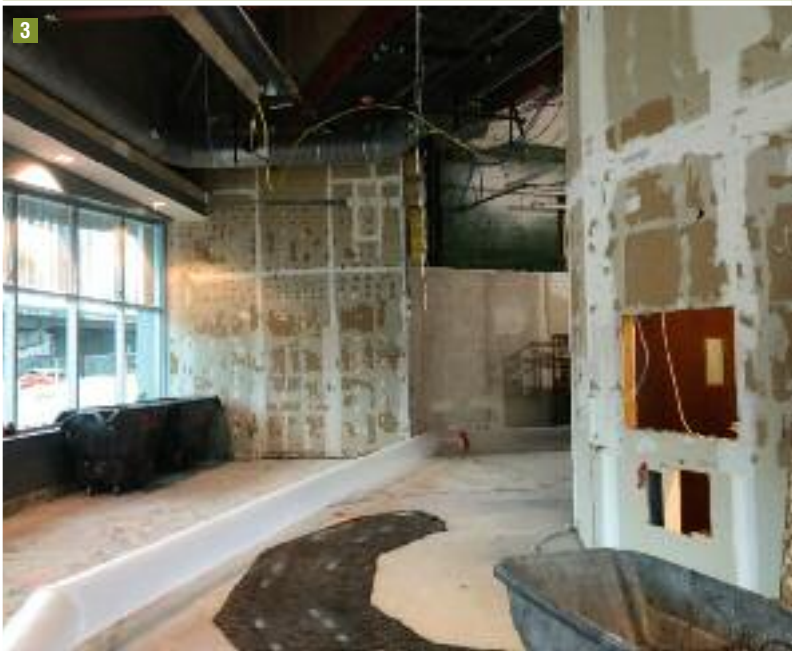
1



2

club transformation in progress

- 1 Future location of The Field, Theater, Ride, EverybodyFights, Arena and the second floor mezzanine overlooking tennis
- 2 Lots of new foundation work
- 3 Demo and prep for the new front desk
- 4 Getting ready for Samadhi
- 5 Future Mind-Body gathering area
- 6 Preparing for the new indoor pool
- 7 Demo of Out-Fit to create a new retail space



3



4



5



7



6

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club transformation: staging and timeline

The following describes our phasing and staging of Midtown’s club transformation. You can expect ongoing updated communications through emails and each quarter of *Spirit* magazine. Please consider that with any project of this magnitude, there will be some bumps and bruises, audibles and revisions that will create unforeseen inconveniences. Please be assured we intend to do everything in our power to keep these to a minimum. We’re on our way!

The Big Picture...What’s our objective?

Our strategy is to capture full sections of the Club and isolate construction in those areas, reducing member inconvenience. We plan on holding “mini-grand opening celebrations” upon completion of each space.

Temporary space relocations and where to find them now:

- **The Club’s Main Entrance** has been temporarily relocated to the rear of Kidtown. Member foot traffic flows through a temporary corridor between the squash courts.
- **The Cardio Floor** has been temporarily relocated to Tennis Court #2 and for the short term the Strength Floor has been temporarily relocated to the former Cardio Floor space.
- **Yoga** has temporarily moved to the Paddle Hut.
- **Group Exercise** has a temporary home on half of the basketball court while The Theater is being built.
- **Pilates** is cozy in the Toshiba Conference Room.
- **Membership Advisors and Coaches** have moved to temporary offices in the former Small Group Training Studio.
- **The Men’s Locker Room** has been temporarily relocated to the Family Locker Room, adjoined with the former spa space.
- **The Women’s Locker Room** stays right where it is!

Phases 2–4 Preliminary Timeline

Café Seating/Living Room	Summer/Fall 2020
The Theater (Cardio Space)	Summer/Fall 2020
Ride (Cycle Studio)	Summer/Fall 2020
Indoor Pool Addition	Summer/Fall 2020
Internal Office Space	Fall 2020/Winter 2021
Kidtown Face Lift	Fall 2020/Winter 2021
Additional Face Lifts	Fall 2020/Winter 2021



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building the new midtown

by Kevin Nowack
Vice President
DGA Builders



The arrival of 2020 has given us an opportunity to reflect on what's been accomplished on the transformational project underway at the Club. Our team at DGA Builders was excited to have been awarded this project, but understood the challenges that would arise from trying to renovate the majority of the Club while maintaining services and minimizing disruption to members and staff. For us, this process started over a year ago with very preliminary discussions about phasing and cost. To finally see that hard work become a reality in the field comes with a measure of pride. While I am sure there are numerous questions that have arisen from fellow Midtown members, the planning of this project has involved leadership from within Midtown Rochester as well as strong corporate support and has always focused on providing the highest quality product at the right price point while engaging and satisfying a highly discerning membership base. I feel so far it's been a success and as spring approaches and a large portion of the first phase of construction is completed, numerous exciting reveals are underway that will hopefully make living with our crews, and a bit of noise, worth a little disruption. I'm sure everyone is aware when they are working onsite. Just remember, that noise is the sound of progress!

We are well underway with the renovation of several major areas within Midtown. Most of these will be turned back over in the coming months and include the spa, yoga studio, mind-body, Pilates, cardio and strength training areas, a tennis viewing lounge, boxing studio, lobby, main entrance, and a new retail shop. Most everyone has seen the renderings and hopefully has had a chance to look through the VR goggles so you know what these spaces are going to offer. Along with our demolition crews, we also have framing and drywall crews working throughout the Club as well as our electrical, mechanical, plumbing and

fire protection contractors modifying and updating the Club's infrastructure to accommodate the renovations. Foundations were installed for the new Theatre, Boxing Studio, Arena and Tennis Viewing Lounge. Masonry has been laid and structural steel installed. The temporary Men's Locker Room was completed and we are now in the process of demolishing and renovating the existing locker rooms, starting with the Men's and then finishing with the Women's. Another exciting development underway is the planning phase for the new indoor pool facility that will soon be under construction.

Hopefully that gives you a brief look into where we are today.



"To finally see that hard work become a reality in the field comes with a measure of pride....numerous exciting reveals are underway..."



Please don't hesitate to come up to our team and say hello. By the next issue of *Spirit*, we will have many more updates and details about spaces that are close to turnover, and details about what's coming next. I'm looking forward to seeing everyone at the Club. Take care!

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aquatic therapy

by Becky Anderson, PT
Rochester Regional Health Physical Therapy
at the Pieters Family Life Center



Exercise is important in maintaining overall health and well-being and when recovering from an injury. Traditional exercise works for many, but there are also several advantages to a fitness or physical therapy (PT) program performed in a water setting. Aquatic therapy can be a beneficial alternative to standard forms of PT. It uses the natural buoyancy of water to facilitate exercise without the compressive loading forces present with routine land-based physical therapy programs. This can be key to success in recovering from surgery or injury as well as in the management of chronic pain.

benefits of aquatic therapy

- Reduces pain and accelerates rehab after a joint replacement.
- Improves balance and coordination after arthroscopic knee surgery.
- Decreases pain and stress on joints for people with chronic back pain, arthritis, and fibromyalgia.

how aquatic therapy works

Buoyancy is the ability or tendency to float in water. It acts in the opposite direction of gravity and causes an object to feel lighter, thereby helping to decrease the stress on your joints.

The approximate percentage of weight unloaded on your joints varies depending on the depth of submersion in the water. For example, a person walking in the water at chest level experiences a 75% decrease in weight-bearing on their knees. Under this condition, the patient may be able to walk in the pool with less pain.

Hydrostatic Pressure is the force exerted by the water on the person while they are submerged. No movements are required to experience hydrostatic pressure, however, simply entering the water may provide these benefits:

- Decreases pain and swelling, allowing increased range of motion.
- Increases proprioception, which is one's awareness of the position or movement of the body. This may help improve balance after injuries such as an ankle sprain.

Water Resistance Aquatic therapy provides excellent resistance for body strengthening. The higher viscosity of water makes muscles work harder in the pool when compared to the same exercises on land. Water resistance can promote health in these ways:

- Increases cardiovascular fitness by making the heart work harder to provide blood to the muscles.
- Promotes muscle toning.
- Creates muscle balance by working muscles on both sides of the joint when moving through the water.
- Can be used to create effective PT programs for individuals at different levels of fitness. Decreasing the speed of movement in the water decreases resistance. Increasing the speed of movement makes exercise in the pool more difficult.

when aquatic therapy is not appropriate

Although aquatic therapy can be beneficial for many patients, there are times when water is not the right option. People should avoid aquatic therapy if they have any of these conditions:

- Uncontrolled seizures
- Incontinence
- Fever
- Open wounds
- Bromine allergy
- Fear of water
- Multiple Sclerosis: While there may be many benefits of water therapy for people with MS, it is recommended that exercises be performed in a pool that is 84 degrees or below. Warm water can slow the firing of neurons and therefore increase the patient's fatigue and negate the benefits.

Aquatic therapy can be less painful than land-based exercises and can be very effective in improving strength, functional mobility and balance. If you have an injury or suffer from chronic pain, you may benefit from aquatic therapy to help you fully return to your baseline mobility and to get back to your normal activity level. With a referral from your physician, aquatic therapy is available through Rochester Regional Health at two convenient locations. To learn how we can help, please contact Unity Physical Therapy and Rehabilitation, 2655 Ridgeway Avenue, Suite 320, 585.368.6600 or the Pieters Family Life Center, 1025 Commons Way, 585.487.3500.

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Philip L. Pecora
President & CEO

E. Philip Saunders
Co-founder & Chairman

member profile



max gordon

Are you a Rochester native?

I grew up in Pittsford with my parents, two younger sisters and brother. One sister lives in NYC and the other attends University of Tampa. I went to McQuaid Jesuit and graduated from St. John Fisher College.

What do you like most about living in Rochester?

Rochester is a perfect balance of large and small city. We have sports, arts, festivals, and a vibrant restaurant scene. You can feel a part of it no matter where you go.

When did you become a Midtown member and what motivated you to join?

I've been a Midtown member for nine years. When I turned 21, I immediately joined. I've enjoyed Midtown since I took my first tennis lesson under the bubble.

Tell us about your career path and why you chose it?

While in college, I worked at Black & Blue, Trata and JoJo and fell in love with the hospitality industry. There is nothing better than putting a smile on people's faces and having an impact on their lives, whether it's a special occasion or just a night out. When I knew this was the career for me, I opened Blossom Road Pub with some friends. Next, I worked hard to rebrand Hogan's Hideaway into The Hideaway. We completely redesigned the floorplan, changed to a farm-to-table approach, and expanded into catering services. It was important to bring the fond, nostalgic memories forward, and that has worked out very well.

What trends are emerging in Rochester's culinary scene?

Rochesterians love approachable food and a comfortable atmosphere. They like to go to places where they feel at home and can become "regulars." They are true to roots and loyal to their restaurants. Rochesterians are very health-conscious and environmentally concerned, both of which significantly affect what they eat and drink.

How does your level of fitness affect other things in your daily life and work?

Proper fitness is critical in the restaurant business. We are on our feet all day, often moving heavy objects, and no one wants to hear we're too tired to make their day special.

Tell about your support of the Alzheimer's Association, and why you are passionate about their work.

The Rochester community has supported The Hideaway and I was brought up to believe we are blessed and should give back at every opportunity. We help in a variety of capacities, including logistical support for events, venues for guest bartenders, or simply donating food. I am active with the National Center for Missing and Exploited Children, Make-A-Wish, and the Alzheimer's Association. The Alzheimer's Association holds a special place for me because my grandmother died of complications from early-onset Alzheimers.

Is there a particular person, place or thing that inspires you each day?

My family, especially my parents, provide me with inspiration every day. My parents hold themselves to an incredibly high standard and constantly show me the right path. They have given me the tools to be successful and our entire family continually challenges each other to be better. Without them I don't think I could do what I do.

Do you prefer to work out alone, or with a partner?

I love to work out alone. It's my quiet time in the morning so that I can drown out all the noise around me and just focus on what I need to do that day.

What is your favorite historical building or landmark in Rochester?

I think the updates at The Historic German House in the South Wedge have restored the former glory of this amazing building. The new decor keeps the classic charm and brings modern amenities to an amazing space. We have catered a few events there and they were spectacular.

Tell us about a favorite travel destination. My parents think that travel is important and helps provide perspective. Our family has traveled a lot and we often debate our favorite places to go. My current favorite destination is Tokyo. It is a truly breathtaking city. The culture is amazing, the food is the best in the world, and the language barrier makes it exciting. I would hop on a plane to Japan this afternoon if I didn't have to work.

If you were a kid again, what's the first thing you would do? Nothing. As a kid, you take life for granted with all of the free time. As an adult, you realize how precious time is and appreciate it so much more.

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taking charge of your credit score

You want to have a high credit score, but you're not sure where to start? We can help.

The most imperative factor in improving your credit scores is determining fact from fiction. For most, you may already be well aware of the impact of having a high credit score and the taboo of having a low score. Having a high credit score can result in a multitude of things, to list a few: better credit card terms, lower mortgage rates, and less expensive premiums on auto and homeowners' insurance. It can also be the determining factor for your approval for an apartment application.

In other words, a credit score has come to embody much more than just the likelihood of you defaulting on debt. FICO & VantageScores differ in determining credit scores. With that in mind, let's look at some misconceptions as well as best practices that will help you get on track to raising your score.

The Adage: Your credit score is negatively impacted by checking it. Refinancing your mortgage or a hard inquiry could drop your score; self-checks won't cost you points.

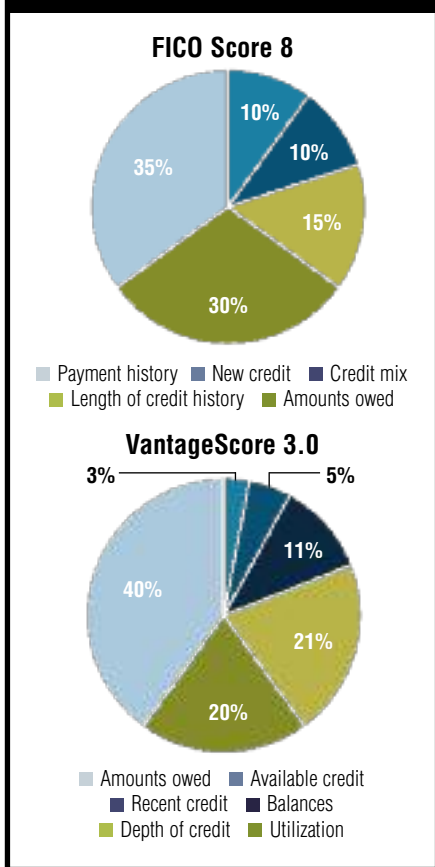
All you need to worry about is simply paying your bills on time. There is no one-size-fits-all solution. Per the chart on the right, there are several factors that determine your credit score.

My credit score is helped by carrying a balance. Typically, carrying a balance hurts your score and you usually end up paying more in interest over longer periods of time.

Your credit score will improve by closing older cards. FICO and VantageScore differ on this topic; while age of credit can hurt you, positive payment history on open accounts can help boost your score.

Retail credit cards help increase your score. Extending credit could help or hurt your score depending on how much credit history you have. If you are younger or opening an initial line of credit, it could help. Those with more credit history may be negatively impacted.

credit score components



Source: Fair Isaac Corp. and VantageScore Solutions

Comparison shopping for a loan or mortgage hurts your credit. FICO and VantageScore differ; shopping periods can range from 14 to 45 days in which several inquiries may be bundled to count as only one.

The longer your debt remains unpaid, the more it negatively impacts. After two years, most lenders may charge off debt. The new and recent problems can be the most damaging. Bills that move from 30 to 90 days late and then onto collections can do the most harm.

Selecting 'credit' instead of "debit" while using your debit card improves your score.

There is no advantage or disadvantage here, your selection just impacts how quickly funds are debited from your account.

Credit reports are completely accurate.

Credit reports are often incorrect, and mistakes are made. It is important to remember you have the right to see your full credit report as well as report mistakes or fraudulent activity.

While telling fiction from fact can be difficult at times, it's important to stay engaged and informed about your credit score and its impact.

Brighton Securities is a local, independently-owned financial services firm headquartered in Rochester, NY with offices in Brighton and Batavia. Brighton Securities is a member of FINRA & SIPC. To learn more contact:

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Gary Michaels
Financial Advisor
585.340.2226

adult tennis programs

Phyllis Wilunda
512.2815
phyllis.wilunda@midtown.com



midtown tennis meets all your needs

At Midtown, our belief is that active, social people lead happier, healthier lives. While most programs offer tennis lessons, Midtown's programs go further by pairing instructional lessons with social events, competitions and play opportunities. We believe tennis is about making new friends, playing level-appropriate matches, skill development, being part of a team, socializing with other members on and off the court, and getting a great workout, rather than just learning about how to play the game.

the midtown difference

Midtown's program is different because it serves the needs of all players. In each session, players have the opportunity to practice their skills on court, assisted by our certified coaches to help them improve their game. Players are encouraged to attend social events where they can play with their friends and family members. Players are also placed on a team and are given league play opportunities where they can put their skills to the test and learn more about what aspects of their game they need to work on.

USTA PARTNERSHIP

Through our nationally-recognized player development pathway and partnership with the USTA, players can achieve the level of success to which they aspire. Midtown partners with the USTA to provide competitive play for players at all levels of development using the NTRP rating system. Designed simply as a guide, the rating categories may be adjusted depending on the player's competitive ability or as their skills change. Ranging from intermediate beginner to advanced intermediate, player levels are defined on a scale from 1.0 to 7, however, the players ratings are ultimately based on their match results. Players can get the most enjoyment from the sport by playing with others of a similar level for more compatible matches.

SITUATION TRAINING

Midtown's branded Situation Training instructional program puts players in real play situations to prepare them to learn the necessary tennis skills and techniques to improve their game and to play better. This program focuses on the physical, technical and mental tennis aspects of training that a player should learn to become successful. Tennis training is a continuous process.

CARDIO TENNIS

Cardio Tennis is an engaging group fitness program that features the heart pumping effects of tennis drills, games, and skills, while delivering the ultimate full body and calorie burning aerobic and anaerobic workout. The program consists of a warm-up, short cycles of high intensity workout and periods of rest, similar to interval training. Cardio Tennis is a very social activity suitable for all ages, ability and fitness levels.

TENNIS IN NO TIME (TNT)

Midtown's patented TNT program offers more than just the opportunity to become a skilled tennis player. Boasting the country's top coaches, Midtown is a leader in tennis instruction and will turn you into a player in just four weeks with its patented beginner tennis program. Midtown offers a variety of convenient lesson times and can even lend you a racquet. Players will receive four lessons and use of the Club throughout their session. Midtown's certified coaches teach players all the basics, including the serve, forehand, backhand, and net play for singles and doubles.

session

SEASON	DATE	DURATION
Spring	Tuesday, April 14–Monday, June 15*	9 Weeks

*No class will be held on May 25.

DR. GABRIELA CARRANZA



“We take the fear and anxiety out of dentistry & provide a clear path to solving problems.”

Becoming a dentist isn't easy. It takes years of study, the ability to pass rigorous exams, and a steady hand to match a sharp mind. But for Dr. Gabriela Carranza, becoming a dentist wasn't enough. She would go on to study advanced dentistry for an additional eight years, specializing in prosthodontics and implant surgery.

Dr. Carranza's addiction to learning more about dentistry fueled her to become a Prosthodontist. Since 2015 she has served as an Assistant Clinical Professor at the University of Rochester's Eastman Institute for Oral Health. In 2018 she became owner of Victor Prosthodontics in Victor, NY.

If you've never heard of the term 'Prosthodontist' before, not to worry, you aren't alone. The title itself is a mouthful. However in the world of dentistry, Prosthodontists are Doctors of Dental Surgery who play a key role in a patient's oral care.

Expert at cosmetic and restorative dentistry, they are often referred challenging cases by general dentists and other dental specialists and closely collaborate with them. Services they provide include crowns, dentures, implants, bridges, veneers, TMJ solutions and treatment for sleep apnea.



DR. GABRIELA CARRANZA
VICTOR PROSTHODONTICS

Q&A WITH THE DOCTOR

SO WHAT EXACTLY IS A PROSTHODONTIST?

"A Prosthodontist is a dental specialist who has completed at least 3 years of a prosthodontics residency program beyond the initial 4 years of dental school.

We are reconstructive dentists who undergo highly specialized training to treat the most challenging cases."

HOW IS A PROSTHODONTIST DIFFERENT FROM A GENERAL DENTIST?

"We tend to go beyond the standard 'bread and butter' dentistry." We treat patients who have genetic disorders, trauma or neglect, and instead of focusing on a single tooth we evaluate the whole mouth -- providing solutions to complex problems."

WHO NEEDS A PROSTHODONTIST?

"Can I say everyone? (she says with a laugh). But seriously, in addition to difficult cases it could also be someone who hasn't had a great dental experience in the past and is in need of a second opinion.

We take the fear and anxiety out of dentistry for our patients and provide a clear path to solving their problems."

CONTACT DR. CARRANZA FOR A CONSULTATION:
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Dr. Kenneth Lindahl, M.D.