

FITNESS AND AQUATIC NEWS



MEET AND GREET WITH TINA COOK

Thursday, April 11
2:00 p.m.

Fisher Auditorium

Join us in welcoming our new fitness and aquatic coordinator, Tina Cook! During this meet and greet, Tina will give updates on upcoming programs and discuss fall prevention and how fitness and aquatics can help with your balance. Tina loves shenanigans, so bring your best jokes to share at the end! Light refreshments will be provided.

MEET WITH TINA

Tina offers appointments on a daily basis, where you can discuss your use of the fitness center and any goals you would like help with. To book an appointment, use the sign-up sheet on the main desk in the fitness center. It will also be available during the meet and greet on April 11.

SMALL GROUP TRAINING

4-6 people can work with Tina towards individual fitness goals in 30-minute sessions for a minimum of 8 weeks.

FITNESS COMMITTEE

Tina works with the fitness committee, helping to support all resident-led sports throughout the year. Please contact Tina if you are interested in joining the committee.

NEW FITNESS CLASSES

Day	Time	Activity
Mondays	10:30 a.m.	Mind & Body Balance
Tuesdays	10:00 a.m.	Aqua HIIT
Wednesdays	10:30 a.m.	Flexibility
Thursdays	10:00 a.m.	Aqua Yoga
Fridays	10:30 a.m.	Total Body Strength



For questions or appointments, reach out to fitness coordinator Christina "Tina" Cook at 215-368-4438 ext. 44153 or email Christina.Cook@LivingBranches.org.