

FITNESS CLASSES



Living Branches residents have access to all fitness classes at Souderton Mennonite Homes and Dock Woods! To attend a class at another campus, contact their fitness coordinator.

Free Fitness Classes

Day	Time	Campus	Class Name
Monday	10:30 a.m.	Dock Woods	Better Balance
	11:00 a.m.	Souderton Mennonite Homes	Stretch and Flex
Tuesday			
	10:00 a.m.	Souderton Mennonite Homes	Cardio Drum
Wednesday	10:30 a.m.	Dock Woods	Stretch and Flex
	10:30 a.m.	Souderton Mennonite Homes	Fresh Start
	2:00 p.m.	Souderton Mennonite Homes	Better Balance
Thursday	9:15 a.m.	Souderton Mennonite Homes	Stronger Together
	10:30 a.m.	Dock Woods	Better Balance
	1:00 p.m.	Souderton Mennonite Homes	Line Dancing (weeks 1 and 3)
Friday	10:30 a.m.	Dock Woods	Stronger Together
	11:00 a.m.	Souderton Mennonite Homes	Cardio Drum
	1:00 p.m.	Souderton Mennonite Homes	Better Balance

BETTER BALANCE

Improve balance skills for fall prevention.

STRETCH AND FLEX

Activate your body's muscles with gentle stretches and fluid movements.

FRESH START

For those starting out or wanting a low-intensity option.

CARDIO DRUM

Combine cardiovascular exercise with drumming to the rhythm of the music. No music experience needed.

STRONGER TOGETHER

Moves through a full range of exercises with light weights.

LINE DANCING

Learn steps and dance to a variety of genres.

FIND YOUR FITNESS

Whether you've been an athlete your whole life or you're starting your fitness journey, Living Branches offers a recreational activity you're sure to love.



JOIN THE FUN!

Both campuses offer clubs for residents to learn a new game, connect with others, and have fun. Contact either fitness coordinator to learn more.

Souderton Mennonite Homes

- Seated Chair Volleyball
- Shuffleboard
- Billiards
- Bocce

Dock Woods

- Water Volleyball
- Seated Chair Volleyball
- Cornhole
- Cycling Club

Spotlight Fit 4 Life

This class is both standing and seated and alternates between low impact cardio to elevate the heart rate and exercises to improve strength and endurance. You will move through different blocks of exercises that focus on different muscle groups and exercise routines to reduce your risk of falling. Thursdays at 9:30am in the doc Woods Rec Room

Paid Fitness Classes

Day	Time	Campus	Class Name	Cost
Tuesday	1:00 p.m.	Dock Woods	Tai Chi with Mark Cashatt	\$3.00
Thursday	9:30 a.m.	Dock Woods	Fit 4 Life with Kristin Messina	\$3.00

Get even more information about upcoming fitness classes and other wellness programs through the resident portal or by calling the fitness center hotline at 215-368-4438 ext. 50236.



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