

# 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	10:00 a.m.	Souderton Mennonite Homes	Better Balance with Weights
	10:30 a.m.	Dock Woods	Better Balance
Tuesday	10:00 a.m.	Dock Woods	Aqua Balance
	10:00 a.m.	Souderton Mennonite Homes	Cardio Drum
Wednesday	10:00 a.m.	Souderton Mennonite Homes	Fresh Start (20 Minutes)
	10:30 a.m.	Both Campuses	Stretch and Flex
Thursday	9:30 a.m.	Souderton Mennonite Homes	Stronger Together
	10:00 a.m.	Dock Woods	Aqua Fit
	1:00 p.m.	Dock Woods - Dock Manor	Chair Yoga
	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
	11:15 a.m.	Dock Woods - Dock Manor	Balance Boosters
	1:00 p.m.	Souderton Mennonite Homes	Better Balance

### CHAIR YOGA

A yoga practice for all levels that uses a stable chair.

### BETTER BALANCE

Improve balance skills for fall prevention.

### AQUA BALANCE

Movement-based training that works on balance, coordination, agility, and functional strength in the water.

### FRESH START

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

### AQUA FIT

Get your heart pumping in the pool! Great for those with respiratory, blood pressure, or arthritis issues.

### BALANCE BOOSTERS

Gentle chair-supported movements is a great way to safely challenge your balance.

### STRETCH AND FLEX

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

### 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.

# JOIN IN THE FUN!

Souderton Mennonite Homes and Dock Woods offer clubs for residents to learn a new game, connect with others, and have fun. Contact either fitness coordinator to learn more about:

- Cornhole
- Cycling Club
- Croquet
- Billiards
- Bocce
- Seated Chair Volleyball
- Water Volleyball
- Shuffle Board



## Paid Fitness Classes

Day	Time	Campus	Class Name	Cost
Tuesday	1:00 p.m.	Dock Woods	Tai Chi with Mark Cashatt Improve your physical and mental health, balance, muscle strength, stability, and flexibility with Tai Chi!	\$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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