

FREE 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.

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
	1:00 p.m.	Dock Woods	Stronger Together
Wednesday	10:00 a.m.	Souderton Mennonite Homes	Fresh Start (20 Minutes)
	10:30 a.m.	Dock Woods	Stretch and Flex
	2:00 p.m.	Souderton Mennonite Homes	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

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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