

# FITNESS CLASSES



Living Branches residents have access to all fitness classes at Souderton Mennonite Homes and Dock Woods! To attend a class, contact the campus fitness coordinator (see reverse).

## 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.	Dock Woods	Aqua Balance
	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
	10:00 a.m.	Dock Woods	Aqua Fit
	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.

### AQUA Balance

In the pool, focus on the breath and body alignment to boost flexibility, balance, and core strength.

### 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, and arthritis issues.

### 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.

# 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 CLUB!

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

- Billiards
- Bocce
- Chair Volleyball
- Corn-hole
- Croquet
- Cycling Club
- Shuffleboard
- Water Volleyball

## Spotlight

### *Dock Ducks* Water Volleyball

The Dock Ducks Water Volleyball Club would like to invite you to join our informal recreational water volleyball times on Mondays, Wednesdays, and Fridays at 10:00am in the pool! Our play is relaxed, enjoyable, exciting, and even comical at times. There is no cost to play and all Living Branches residents, current and future residents are welcome to play or spectate, cheering is encouraged!

## Paid Fitness Classes

Day	Time	Campus	Class Name	Cost
Tuesday	11:45 a.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

For more information about fitness classes and other wellness programs at Souderton Mennonite Homes and Dock Woods, please contact that campus's fitness coordinator.



**Kristen Natoli**  
Souderton Mennonite Homes  
215-723-9881 ext. 42245  
Kristen.Natoli@livingbranches.org



**Christina Cook**  
Dock Woods  
215-368-4438 ext. 44153  
Christina.Cook@livingbranches.org

