

Staying Active for Health and Independence



Staying active is key to maintaining your strength, mobility, and independence. Whether you thrive in a group setting or prefer exercising on your own, Living Branches offers flexible options designed to meet your goals and needs.

1. Group Exercise Classes (Rec Room and Pool)

Best for: Motivation and movement in a group

What to expect: Guided strength, balance, and flexibility

Why try it: Structure, energy, and community

2. Small Group Training (Fitness Center and Pool)

Best for: Personal attention in a small setting

What to expect: Focused training matched to your goals

Why try it: Individual guidance with group energy

3. Open Use (Fitness Center and Pool)

Best for: Independent exercisers at their own pace

What to expect: Equipment and pool access on your schedule

Why try it: Full flexibility toward your own goals

Day	Time	Activity	Location
Monday	10:30 a.m.	Classic Balance	Recreation Room
Tuesday	10:00 a.m.	Essentials Aqua Balance	Pool
	1:00 p.m.	Tai Chi (Paid Class)	Recreation Room
Wednesday	10:30 a.m.	Classic Flex and Mindfulness	Recreation Room
	1:00 p.m.	Classic Strength	Recreation Room
Thursday	10:00 a.m.	Classic Aqua Fit	Pool
	1:00 p.m.	Essentials Flex and Mindfulness	Recreation Room
Friday	10:30 a.m.	Classic Strength	Recreation Room

CLASSIC BALANCE

Core strength, stability, and fall-prevention techniques for steadier daily movement

ESSENTIALS AQUA BALANCE

Seated, supported water exercise with zero-impact cardio and added balance support

CLASSIC TAI CHI

Gentle flowing movements that build balance, coordination, and calm focus (Paid class)

CLASSIC AQUA FIT

Water workout blending light resistance, flexibility, and mindfulness for a full-body session

ESSENTIALS FLEXIBILITY & MINDFULNESS

Seated flexibility and breathing work to improve range of motion and relaxation.

CLASSIC STRENGTH

Standing strength training with moderate resistance for those comfortable on their feet.

Questions? Please call the fitness and aquatic team at ext. 44153
Looking for schedule updates? Call the fitness hotline at 215-565-0236