

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
	10:00 a.m.	Souderton Mennonite Homes	Better Balance
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
	10:00 a.m.	Souderton Mennonite Homes	Fresh Start
	1:00 p.m.	Souderton Mennonite Homes	Better Balance
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

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.

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.

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

Spotlight Line Dancing

Line dancing improves coordination, balance, cardiovascular health, while enhancing brain health. It is also a fun way to stay active, meet new people, and relieve stress.

All levels are welcome!

Join us the first and third Thursdays @ 1pm in the Friendship Room SMH

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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