FITNESS CLASSES

Which Track Is Right For You?

Essentials
- Seated classes
- Functional strength training for everyday movement
- Cardio doesn't impact joints
- Ideal for residents who need balance support or a seated class format

Classic
- Standing classes with options to sit
- Moderate resistance in strength training
- Ideal for residents comfortable with standing exercise

Advanced
- Standing and heart-pumping movement
- Ideal for those aiming to boost endurance and strength while trying new things

Day	Time	Activity	Track	Location
Monday	9:30 a.m.	Tone and Tighten	Advanced	Recreation Room
	10:15 a.m.	Balance	Classic	Recreation Room
	1:00 p.m.	Balance	Essentials	Recreation Room
Tuesday	1:00 p.m.	Tai Chi (Paid Class)	Classic	Recreation Room
Wednesday	9:30 a.m.	Rhythm in Motion	Advanced	Recreation Room
	10:15 a.m.	Flex and Mindfulness	Classic	Recreation Room
	1:00 p.m.	Strength	Classic	Recreation Room
Thursday	9:30 a.m.	Balance	Classic	Recreation Room
	10:15 a.m.	Zumba	Advanced	Recreation Room
	1:00 p.m.	Flex and Mindfulness	Essentials	Recreation Room
Friday	9:30 a.m.	Balance	Essentials	Recreation Room
	10:30 a.m.	Strength	Classic	Recreation Room

There's something for everybody!

For a personalized class recommendation, contact the fitness and aquatic coordinator at ext. 44153. For class schedule updates, call 215-565-0236.

DOCK WOODS
A Living Branches Community

Class Descriptions

Essentials Classes	Classic Classes	Advanced Classes
Essentials Balance This seated balance classes features exercise with no impact on the joints, plus a little extra balance support.	**Classic Balance** Develop core strength, stability, and fall-prevention techniques for steadier movements every day.	**Tone and Tighten** Shape and strengthen every muscle group! This class uses light barbells, dumbbells, or resistance bands.
Essentials Flex and Mindfulness This class uses seated flexibility and breathing work to improve range of motion and promote relaxation.	**Classic Flex and Mindfulness** This class uses flexibility and breathing work to improve range of motion and promote relaxation.	**Rhythm in Motion** This high-energy dance fitness class features fun, easy-to-learn choreography set to global music. No dance experience necessary!
	Classic Strength This is a standing strength training class with moderate resistance. Perfect for those comfortable on their feet!	**Zumba®** It's not a workout, it's a party! Dance to infectious rhythms with easy-to-follow steps that turn fitness into a celebration.
	Classic Tai Chi (Paid Class) In this paid class, enjoy gentle, flowing movements that build balance, coordination, and calm focus.	

Fitness and Aquatic Opportunities for Everyone

Group Exercise Classes	Small Group Training	Open Use of Fitness Center
Best for: Motivation and movement in a group	**Best for:** Personal attention in a small setting	**Best for:** Independent exercisers at their own pace
What to expect: Guided strength, balance, and flexibility	**What to expect:** Focused training matched to your goals	**What to expect:** Equipment and pool access on your schedule
Why try it: Structure, energy, and community	**Why try it:** Individual guidance with group energy	**Why try it:** Full flexibility toward your own goals

Questions? Please contact the fitness and aquatic coordinator at ext. 44153. For class schedule updates, call the fitness hotline at 215-565-0236.