

FITNESS CLASSES

Registration required by calling 972-919-8740.

Stretch and Release

Monday | 10 to 10:45 a.m.

Free | Instructor: Joyti Subramanian

This class aims to increase your body balance, core strength, flexibility and ease the natural breath. All exercises can be modified to suit ability.

Mindful Yoga

Tuesdays, Thursdays | 10 to 10:45 a.m.

Free | Instructor: Rotha Crump

Mindful Yoga incorporates balance, strength, and flexibility, along with meditation. All levels are welcomed.

Silver Sneakers Classic

Mondays | 11 to 11:45 a.m.

Wednesdays | 1 to 1:45 p.m.

Free | Instructor: Joyti Subramanian

This class fuses strength, balance, functionality and flexibility. Chairs are used to ensure safety and to allow for modifications. Free weights, bands, and balls are used. There is no floor work. All levels are welcomed.

Balanced Bodies

Tuesdays, Thursdays | 9 to 9:45 a.m.

Free | Instructor: Rotha Crump

Free weights, bands, balls, and foam sticks are used for variety and muscle response.

Tai Chi

Mondays, Wednesdays | 10 to 10:45 a.m.

Free | Instructor: Susan Davis

This graceful form of exercise can be used to reduce stress and a variety of other health conditions.

Zumba Gold

Wednesday | 6 to 6:45 p.m.

Free | Instructor: Giselle Huet

Zumba Gold is modified for active adults at a lower intensity with easy-to-follow choreography.

Power Walking

Fridays | 9 to 9:45 a.m.

Free | Instructor: Laura Franklin

Regular power walking is good for your cardiovascular health, joint health and emotional well-being.

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MEMBERSHIP

You may qualify for a FREE Membership

Most health insurance plans offer programs to help you maintain a healthy lifestyle as an active adult through physical and social activity. Bring in your insurance card or call at 972-919-8740, and staff will check if you qualify. Plans we partner with are Silver Sneakers, Silver & Fit and Renew Active!

MEMBERSHIP

The Branch Connection is open to anyone 50 years of age or better. A variety of activities and special events are offered to promote fun, fellowship, and health.

ANNUAL MEMBERSHIP FEES

Residents:	\$25
Non-residents:	\$50
Non-member Day Pass:	\$5
Replacement ID Card:	\$5

The fee can be paid on a monthly electronic bank draft or credit card draft of \$2.50 or \$5 per month.

Our program calendars are available at:
www.TheBranchConnection.com

Monthly Breakfast

Mondays | March 7, April 4

8:15 to 9 a.m.

Members: Complimentary;

Non-members: \$5

Come enjoy a complimentary breakfast hosted by The Senior Advisory Board.



FACILITY HOURS

Monday - Wednesday 8 a.m. to 8 p.m.

Thursday & Friday 8 a.m. to 5 p.m.

Saturday 1 to 5 p.m.

CLOSED APRIL 15 FOR GOOD FRIDAY



THE BRANCH CONNECTION STAFF

Jackie Byles, Manager
Jennifer Stone, Recreation Supervisor
Lynnette Hill, Recreation Supervisor

TO VOLUNTEER

Contact **Jennifer Stone**
jennifer.stone@farmersbranchtx.gov
972-919-8742

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City of Farmers Branch, Farmers Branch, TX

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