



## Bradenton Branch Aquatics Exercise 2018 Winter/Spring Schedule

MORNING						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7a	<b>Water Complete</b> Karen(P)		<b>Water Complete</b> Karen (P)		<b>Water Complete</b> Karen (P)	
8:30a	<b>Water Complete</b> Charlotte (P)		<b>Water Complete</b> Charlotte (P)		<b>Water Complete</b> Charlotte(P)	
9a		<b>Water Complete</b> Joanne (P)		<b>Water Complete</b> Joanne (P)		<b>White H2O Fit</b> Karen (P)
10a	<b>Aqua Mobility</b> Susan (P)		<b>Aqua Mobility</b> Susan (P)		<b>Aqua Mobility</b> Susan (P)	
11a	<b>Water Complete</b> Karen (P)	<b>Aqua Arthritis</b> Susan (P)	<b>Water Complete</b> Karen (P)	<b>Aqua Mobility</b> Susan (P)	<b>Water Complete</b> Karen (P)	
EVENING						
6p		<b>White H2O Fit</b> Lucy (P)		<b>White H2O Fit</b> Lucy (P)		

**WATER COMPLETE** – is a perfect all body workout for any level. It is easy on joints and allows you to workout at your pace.

**AQUA ARTHRITIS/ MOVEMENT FOR MOBILITY** are perfect classes for those new to exercise and those with arthritis and joint pain. The class safely and gently integrates strength, functional movement, cardio, and flexibility to improve balance, mobility, range of motion, and overall health.

**WHITE H2O FIT** – provides high intensity cardiovascular training integrating strength and flexibility safely in the water. Class can be adapted for all levels.

**(P) Pool**