



Bradenton Branch Aquatics Exercise 2018 Fall Schedule

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