



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS EXERCISE CLASS SCHEDULE

All classes can be adapted for any fitness level.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-7:45a. Water Complete Karen		7:00-7:45a. Water Complete Karen		7:00-7:45a. Water Complete Karen	
8:30-9:30a. Water Complete Charlotte	9:00-9:45a. Water Complete Lucy	8:30-9:30a. Water Complete Charlotte	9:00-9:45a. Water Complete Lucy	8:30-9:30a. Water Complete Charlotte	9:00-10:00a. Water Complete Karen
10:00-10:45a. Movement for Motion Susan		10:00-10:45a. Movement for Motion Susan		10:00-10:45p. Aqua Yoga Lucy	
11:00a.-noon Water Complete Karen	11:00a.-noon Aqua Yoga Lucy	11:00a.-noon Water Complete Karen	11:00a.-noon Aqua Yoga Lucy	11:00a.-noon Water Complete Karen	
	6:00-6:45p. Water Complete Lucy		6:00-6:45p. Water Complete Lucy	12:15-1:00p. Movement for Motion Susan	

Water Complete	Work your body from head to toe with cardiovascular, strength, and flexibility exercise. This class is perfect for all levels with low impact modifications for all exercises.
Movement for Motion	Gently work your entire body with special emphasis on range of motion, core strength, and balance. This is perfect for those with arthritis and other rehabilitative needs.
Aqua Yoga	Aqua Yoga strengthens and tones the body whilst relieving tensions and renewing energy. It helps you connect with your body, release pain, and stimulate your lymph system.

Chairlift available, water temperature 84-86 degrees, shallow pool, lifeguard on duty at all times.
Water shoes are recommended.

(Effective 3/4/19)

MANATEE YMCA BRADENTON 3805 59th Street, Bradenton, Florida 34209, P: (941) 798-9622 F: (941) 794-1057 www.manateeymca.org