

Proactive Arthritis Water Exercise Classes



Find comfort in the soothing waters of the Caporella Aquatic Center. Work on balance and coordination while increasing range of motion, joint flexibility, muscle strength and cardiovascular fitness without causing strain.

**CLASSES ARE HELD
Mondays & Wednesdays
10:00am to 11:00am**

Classes are held at the
Caporella Aquatics Center
9300 NW 58th Street

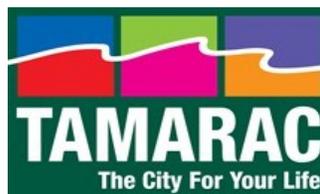
**Free to Senior Program
Members**

**\$4.00 for Non Program
Members.**

**SIGN UP TODAY!
REGISTER TODAY!**



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**It Starts
in ParksSM**

For more information contact 954-597-3660

Parks and Recreation Department