



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.*

No swimming experience necessary

Classes held:

Mondays 11:00am-12:00pm

Wednesdays 11:00am-12:00pm

at the Caporella Aquatic Center

9300 NW 58th St.

Free to Senior Program Members

\$2.00 for Non-Program Members

Tamarac Parks & Recreation....Experience It!!!

