

# A REAL POOL PARTY!

WATERinMOTION® is an exciting workout that combines cardio training with muscle toning in the massaging environment of the pool.

Amazing music, fantastic teachers and outstanding aquatic choreography make anyone, of any age or fitness level, ready to make a splash!

Approved By  
**SilverSneakers®**

**waterinmotion®**  
The new wave in aqua exercise



## DROP IN & MAKE A SPLASH!

Distributed By



[www.WATERinMOTION.com](http://www.WATERinMOTION.com)  
[water@scwfit.com](mailto:water@scwfit.com) • 847.562.4020

**waterinmotion®**  
The new wave in aqua exercise



## FEEL GOOD WORKOUT

WATERinMOTION® is a fun and energizing aqua exercise program that gets you moving.

Approved By  
**SilverSneakers®**

Distributed By



[www.WATERinMOTION.com](http://www.WATERinMOTION.com)  
[water@scwfit.com](mailto:water@scwfit.com) • 847.562.4020



## WHAT WILL WATERinMOTION® DO FOR ME?

WATERinMOTION® offers the benefit of a high energy calorie burning workout without the pull that gravity plays on the body. Experience the cross-training effects that water provides reducing the impact on your joints, specifically the knees and back.

Approved By  
**SilverSneakers®**



## WHO SHOULD ATTEND?

Anyone who has been given the go-ahead from their physician to begin a fitness program after an injury or to start a workout regimen for the first time.

Perfect for a land-based exerciser wanting to cross-train in a lower impact environment while maintaining a high-intensity workout.

Older Adults can enjoy WATERinMOTION® along with all younger participants and workout at their own pace without the distractions of mirrors.



## CHANGING AQUA EXERCISE FOREVER!

WATERinMOTION® will change the way you look at aqua exercise! This workout provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels.

The choreography and music is refreshed every 3 months - so jump in and make a splash with this dynamic cardiovascular workout that tightens and tones the entire body. It's more than just another aqua class - it's a pure fun 55 minute water extravaganza!



www.WATERinMOTION.com • water@scwfit.com • 847.562.4020

## CLASS FORMAT

### WARM-UP

This class opens with large, simple cardio moves to gradually prepare the body and mind for what's to come.

### LINEAR MOVEMENT

Gradually increase range of motion and introduce traveling forward and back to enhance cardiovascular challenge.

### LATERAL TRAVEL

Travel side to side in this sequence to keep up the dynamic aerobic effects of our fat-burning at an ever increasing pace.

### SPEED

Using speed as an accelerator; enjoy the extra challenge of land moves in the added resistance of the water.

### GROUP

Get into the swing of things with a fantastic variety of team building exercises to enhance the group dynamics of this water pool party!

### SUSPENSION

Work hard to float the body using only your strength and stamina. A low impact activity never left you feeling so high!

### UPPER BODY

Strong upper body toning exercises leave your chest, arms and back smooth and firm. Watch your posture improve week to week.

### LOWER BODY

Strengthen and firm the legs to improve muscular strength and endurance while enjoying the massaging effects of the water.

### CORE

Tone and tighten your middle section with exercise you never imagined could do the job so effectively and creatively.

### FLEXIBILITY

In a beautiful closing to our buoyant workout, drop down a gear to focus on mobility and flexibility featuring the large muscle groups leaving you refreshed and rejuvenated.

### FLOTATION (BONUS TRACK)

Experience flotation exercise using the noodle to assist you with suspended movement patterns improving your overall fitness level.