



waterⁱⁿmotion[®] Platinum

Growing with a
Booming Population

Approved By
SilverSneakers[®]

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WATERinMOTION[®] Platinum
supplies safe, effective and fun
classes that understand and
address the specific needs of your
65+ and/or deconditioned clients.

Who Should Attend?

WATERinMOTION[®] Platinum addresses the specific needs of the 65+ age group and/or deconditioned individuals looking for a fun, social, and safe environment to work out and get healthy. WATERinMOTION[®] Platinum uses slower beats and longer repetitions set to recognizable music that is easy to memorize and enjoyable to sing along to. WATERinMOTION[®] Platinum was created to address the lack of exercise programming specifically designed to address the needs of those 65 years and older.



www.WATERinMOTION.com
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What is WATERinMOTION® Platinum?

WATERinMOTION® Platinum is a shallow-water, low-impact aqua exercise experience that offers active aging adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility. This customized exercise system provides quarterly-released music, easy-to teach and learn choreography, fantastic marketing and scientifically designed programming and education. Our WATERinMOTION® Platinum certified instructors can gently share the pure joy of exercise through this buoyant, heart-healthy program.

Setting the Standard for Water Fitness

WATERinMOTION® Platinum offers the benefit of a healthy and social workout without the pull that gravity plays on the body. Join us for safe, fun, effective classes with new music and choreography refreshed every 3 months!



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Key Areas of Focus

WATERinMOTION® Platinum challenges aging and deconditioned participants in both body and mind while giving them a sense of well-being and belonging. Here are some key areas of focus that set WATERinMOTION® Platinum apart:

- Integrated hand movements address the loss of manual dexterity—recommended by the Arthritis Foundation
- Slower and smoother transitions ensure that participants have time to follow along
- Explosive movements where appropriate help maintain fast twitch muscle fibers
- Cardio segments help maintain slow twitch muscle fibers
- Flexibility training addresses the loss of plantar and dorsi flexion in feet
- Focus on scapular retraction and depression combats rounded back posture

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Class Format

1. WARM-UP – Full Body & Dexterity

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

2. POSTURE – Alignment & Range of Motion

As one transitions to multi-joint patterns, focus shifts to postural alignment while increasing overall ROM (Range of Motion).

3. BALANCE – Single Leg Challenges and Turbulence

Dynamic balance challenges and directional changes encourage fast twitch muscle fibers.

4. COMMUNITY

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

5. MEMORY – Neuroplasticity

Simple cardio movements combine with neuroplasticity challenges to stimulate brain activity leading to improved cognitive function and enhanced memory.

6. FAST TWITCH

Enjoy this speed track which incorporates movements at land-tempo in the pool to combat the loss of fast twitch muscle fibers as we age.

7. MOBILITY – Hips & Shoulders

Movements in this track shape and tone the entire body to improve overall alignment and increase mobility and strength in the hips and shoulders.

8. ADLs – Activities of Daily Living

Pulling, pushing, lifting, and lowering are all essential movements of life incorporated into this creative track.

9. CORE – Abs & Back

Strengthen your middle section using a variety of exercises to improve the powerhouse of the musculoskeletal system.

10. FLEXIBILITY

In a beautiful closing to our buoyant workout, drop down a gear to focus on flexibility and range of motion featuring the large muscle groups leaving you refreshed and rejuvenated with a positive attitude toward the rest of your day.