

SAFE, FUN, EFFECTIVE!

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 three months!



waterinmotion®
Platinum



HELPING YOU LIVE BETTER



Approved By
SilverSneakers®

Distributed By **SCW**

WATERinMOTION.com/Platinum
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GROWING WITH A BOOMING GENERATION

WATERinMOTION® Platinum is a low-impact aqua program that offers active aging adults and deconditioned participants a fun and energizing workout.

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WHO SHOULD ATTEND?

WATERinMOTION® Platinum provides a fun, social, and safe environment to work out and get healthy. It uses slower beats and longer repetitions set to recognizable music that is easy to memorize and enjoyable to sing along to. This program is perfect for:

- Active Aging Adults(55-65) & Seniors (65-90) looking for a lower impact environment while maintaining a healthy workout
- Deconditioned individuals looking to add a fitness regimen into their lives
- Individuals with orthopedic concerns, arthritis challenges and/or cognitive deterioration
- 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



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. WATERinMOTION® Platinum focuses on:

- 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



CLASS FORMAT

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.

POSTURE – ALIGNMENT & RANGE OF MOTION

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

BALANCE – SINGLE LEG CHALLENGES AND TURBULENCE

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

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!

MEMORY – NEUROPLASTICITY

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

FAST TWITCH – STRENGTH

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.

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.

ADLS – ACTIVITIES OF DAILY LIVING

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

CORE – ABS & BACK

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

FLEXIBILITY

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



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