

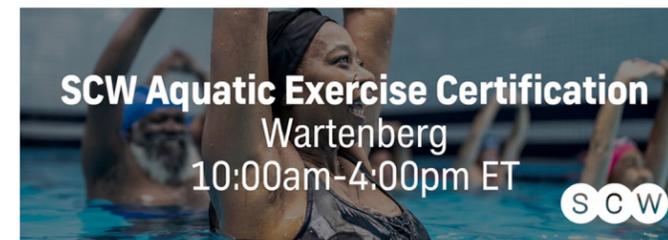
A ACTIVE AGING & MIND BODY	B WATER HIIT & PT	C FLUID STRENGTH & STRETCH
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SA1	10:00am-11:00am ET 9:00am-10:00am CT 8:00am-9:00am MT 7:00am-8:00am PT	Aqua Zen: Flow, Breathe, Renew Sepulveda (NEW)	Aqua Tabata Blast Schulte (NEW)	Aqua Run & Power Newberry (NEW)
SA2	11:15am-12:15pm ET 10:15am-11:15am CT 9:15am-10:15am MT 8:15am-9:15am PT	Fall Prevention in the Pool Layne (NEW)	Aqua Power Plus Stephens (NEW)	Aqua Core Amour Williams (NEW)
SA3	12:30pm-1:30pm ET 11:30am-12:30pm CT 10:30am-11:30am MT 9:30am-10:30am PT	Aqua Yoga: Fluid Serenity Lagerhausen (NEW)	Splash & Strike Newberry (NEW)	WATERinMOTION® Strength Kulp
LUNCH BREAK: 1:30pm - 2:00pm ET, 12:30pm - 1:00pm CT, 10:30am - 11:00am PT				
SA4	2:00pm - 3:00pm ET 1:00pm - 2:00pm CT 12:00pm-1:00pm MT 11:00am - 12:00pm PT	Aqua Fitness for Joint Replacement Gilbert (NEW)	Aqua Power Bar Wartenberg (NEW)	Hydropilates Anthony & Albites (NEW)
SA5	3:15pm- 4:15pm ET 2:15pm - 3:15pm CT 1:15pm-2:15pm MT 12:15pm - 1:15pm PT	Get Them in the Water Lemons (NEW)	Aqua Intervals Wartenberg (NEW)	WATERinMOTION® Deep Henry (NEW)
SA6	4:30pm - 5:30pm ET 3:30pm - 4:30pm CT 2:30pm-3:30pm MT 1:30pm - 2:30pm PT	Athletic Adult Aquatic Tool Box Gilbert (NEW)	Core Activation Gili (NEW) PRE-RECORDED	Water Warrior: Aquatic Strides Lagerhausen (NEW)

D LIQUID DANCE & MORE	E BODY OF WATER BOOTCAMP PRE-RECORDED	F FOUNTAIN OF YOUTH PRE-RECORDED
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Aqua Zumba® Bullard (NEW)	Aqua Boot Camp BOQ-style Ford	Ageless Aqua Kulp & Velazquez	SA1
WATERinMOTION® Original Carroll	Aquatic Strength Training PluimMentz	Aqua Disco Haggard	SA2
Aqua Zumba® Groove & Glow Bostic (NEW)	Aquatic Personal Training Lemons	AQUAHOLIC Layne	SA3
LUNCH BREAK: 1:30pm-2:00pm ET • 12:30pm-1:00pm CT • 10:30am-11:00am PT			
Beautiful Buoyant Booty Carroll (NEW)	Turbulence Training PluimMentz	Aqua Intervals Roulette Vandenberg	SA4
LaBlast Splash: Pool Dance Party Bulich (NEW)	Aqua Power: One Dumbbell Circuit Kulp	All-Inclusive Aquatics PluimMentz	SA5
Oodles of Noodles Schulte (NEW)	Liquid Gym Acqua Toner Stretch & Tone Wartenberg	Drip & Drop Haggard	SA6

Certifications • Sunday, June 14



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aquaexsummit.com