



AQUA EXERCISE

SUMMIT

Saturday, June 13

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

Certifications • Friday, June 12



ZUMBA® Jump Start Gold Training

Bullard

9:00am-6:00pm ET



Certifications • Sunday, June 14



WATERinMOTION® Certification

Kulp

10:00am-4:00pm ET



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

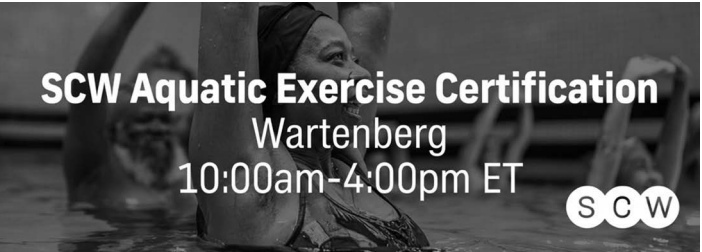


SCW Aquatic PT Certification

Lemons

10:00am-4:00pm ET





SCW Aquatic Exercise Certification

Wartenberg

10:00am-4:00pm ET

