



Saturday, June 10

Exclusive Aqua Exercise Event Streaming Live on ZOOM

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| A ACTIVE AGING & MIND BODY | B HIIT & PT |
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| SA1 | 10:00am-11:15am EST 9:00am-10:15am CST 7:00am-8:15am PST | Aqua Brain Power Gilbert | Aquatic Personal Training Malaghan NEW |
| SA2 | 11:30am-12:45pm EST 10:30am- 11:45am CST 8:30am-9:45am PST | Water Walking for Better Gait and Performance Pyle NEW | 10 BEST Exercises For 1:1 Aquatic Training McCormick NEW PRE-RECORDED |
| SA3 | 1:00pm-2:15pm EST 12:00pm-1:15pm CST 10:00am-11:15am PST | When Breath Meets Water: Aqua Yoga Malaghan NEW | HIIT H2O for ALL Pyle NEW |

LUNCH BREAK: 2:15pm-2:45pm EST / 1:15pm-1:45pm CST / 11:15am-11:45am PST

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| SA4 | 2:45pm - 4:00pm EST 1:45pm - 3:00pm CST 11:45am - 1:00pm PST | Easy-Grip Aqua Dumbbell Workout Kulp | Pool Personal Training Lagerhausen NEW |
| SA5 | 4:15pm- 5:30pm EST 3:15pm - 4:30pm CST 1:15pm - 2:30pm PST | LaBlast® Splash: Emotional Wealth Figueroa | Tabata Aqua Running & Conditioning Wartenberg |
| SA6 | 5:45pm - 7:00pm EST 4:45pm - 6:00pm CST 2:45pm - 4:00pm PST | Aqua Yoga for Arthritis Fairbrother NEW | Aqua HIIT the Beat Fowler NEW |

Register today at aquaexsummit.com

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| C STRENGTH & STRETCH | D GX & DANCE | E PRE-RECORDED |
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| Core Fusion H2O Aqua Vandenberg | Aqua Disco Haggard | Aqua Yoga Barre Wartenberg | SA1 |
| H2O Reporting for Duty Haggard NEW | RECESS REMIX: Pool Playground Lagerhausen NEW | Aqua Ease: Flexibility for Active Agers Velazquez | SA2 |
| Tidal Toning Kulp | Oodles of Noodles Schulte NEW | Ab Arsenal Gilbert | SA3 |

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| Cheeks for Weeks - H2O Gilbert | Girls Just Wanna Have Fun! Malaghan, Haggard & Wartenberg | Aqua HIIT & Run Velazquez | SA4 |
| Turbulence Training PluimMentz | 10 Strategies for H2O Success Gilbert (LECTURE) NEW | Mix-Match Aqua Moves to the Max Howard | SA5 |
| H2O Strength Kulp | Aqua Ballet Booty Camp Wartenberg NEW | Front & Center H2O Gilbert | SA6 |

Sun. Jun 11
WATERinMOTION® Certification
Kulp
10:00am-6:00pm ET

Sun. Jun 11
SCW Aquatic Personal Training Certification
Malaghan
10:00am-6:00pm ET

Sun. Jun 11
SCW Aquatic Exercise Certification
Gilbert
10:00am-6:00pm ET

Sun. Jun 11
SCW Aqua Barre Certification
Wartenberg
10:00am-2:00pm ET