



**AQUA EXERCISE
SUMMIT**
Saturday, Sept. 14

A ACTIVE AGING & MIND BODY	B HIIT & PT
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SA1	10:00am-11:00am ET 9:00am-10:00am CT 7:00am-8:00am PT	Enhanced Aqua for Seniors Breitbart & Johnson	Knockout Aqua with HIIT McCormick
SA2	11:15am-12:15pm ET 10:15am-11:15am CT 8:15am-9:15am PT	A.B. Solutions - Aquatic Balance Dziubinski	Liquid Gym Acqua Punch & Pump Garcia
SA3	12:30pm-1:30pm ET 11:30am-12:30pm CT 9:30am-10:30am PT	Aqua Zen Sepulveda	Buoy, Oh Buoy, Oh Buoy! Vandenberg
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 11:00am - 12:00pm PT	Revitalizing Aqua Fitness for Active Agers Breitbart & Johnson	ABS™ Aqua Combat Lucy
SA5	3:15pm- 4:15pm ET 2:15pm - 3:15pm CT 12:15pm - 1:15pm PT	Aqua Yoga Fired Up Flow Martin	Aqua Ab Arsenal Gilbert
SA6	4:30pm - 5:30pm ET 3:30pm - 4:30pm CT 1:30pm - 2:30pm PT	Silver Tsunami Velazquez	Waves On Fire: Lower Body Martin


C STRENGTH & STRETCH	D GX & DANCE	E PRE-RECORDED
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Power to the Pool Dziubinski	Country Fusion® Aquatics Mooney	Tabata Aqua Running & Conditioning Haggard	SA1
Strength Beneath the Surface PluimMentz	LaBlast® Splash: Buoyant Ballroom Blitz Vacca	Short Noodle Showdown Gili	SA2
Warm Water Strong McCormick	Liquid Gym Acqua Toner Stretch & Tone Garcia	Water Walking for Better Gait and Performance Pyle	SA3
LUNCH BREAK: 1:30pm-2:00pm ET • 12:30pm-1:00pm CT • 10:30am-11:00am PT			
Front & Center H2O Gilbert	BOQUA Bootcamp Ford	When Breath Meets Water: Aqua Yoga Lemons	SA4
ABS™ Aqua Jump Lucy	Beautiful Buoyant Booty Vandenberg	Easy-Grip Aqua Dumbbell Workout Kulp	SA5
Cirque du Suspend: Impact-Free Aqua Exercise Gili	Waves Combat: Beats and Power Moves Sepulveda	Aqua HIIT the Beat Fowler	SA6

Certifications • Sunday, Sept. 15



WATERinMOTION® Certification
Kulp
10:00am-6:00pm ET
water motion



SCW Aquatic PT Certification
Lemons
10:00am-6:00pm ET
SCW



SCW Aquatic Exercise Certification
Dziubinski
10:00am-4:00pm ET
SCW

Register today at
aquaexsummit.com