

WATERinMOTION™

Come enjoy a real POOL PARTY with this exciting workout that combines cardiovascular training with muscle toning techniques in the massaging environment of the pool! Amazing music, fantastic teachers and outstanding aquatic choreography make anyone, of any age or fitness level, ready to dive right in. Feel yourself supported, not only by the buoyancy of the water, but by the excitement, enthusiasm and energy of the class as a whole!

A new WATERinMOTION™ class is created and taught every three months using new choreography and new music.



Catch the
Wave with
waterinmotion
The new wave in aqua exercise

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Jump In
and Make a
Splash!



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WHAT WILL WATER_{in}MOTION™ DO FOR ME?

WATER_{in}MOTION offers the benefit of a high energy calorie burning workout without the pull that gravity plays on the body. Experience the cross-training effects that water provides reducing the impact on your joints, specifically the knees and back.

- Retains all the general health benefits of regular exercise: lose weight, improved mobility, heart health, reduced risk of chronic illness, enhanced energy levels, improved posture, etc.
- Relieves pressure from the spine and joints facilitating exercise for unique populations.
- Reduces impact and creates less soreness than land based exercise.
- Requires little or no prior experience for participants to feel comfortable and have a great workout experience.

WHO IS WATER_{in}MOTION™ FOR?

- Anyone who has been given the go-ahead from their physician to begin a fitness program after an injury or to start a workout regiment for the first time.
- Perfect for a land-based exerciser wanting to cross-train in a lower impact environment while maintaining a high-intensity workout.
- Older Adults can enjoy WATER_{in}MOTION along with all younger participants and workout at their own pace without the distractions of mirrors.



DESCRIBE A TYPICAL CLASS

WATER_{in}MOTION is the newest aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body. With land equivalent intensity, fantastic sing-along quality music, and dynamic instructors, enjoy the pure fun of this 60 minute water extravaganza. Aqua-phobes will forever become aqua-FANS when they "Catch the Wave"!

Warm-up

This class opens with large, simple cardio moves to gradually prepare the body and mind for what's to come.

Linear Movement

Gradually increase range of motion and introduce traveling forward and back to enhance cardiovascular challenge.

Pattern

Step up the intensity by building simple movement patterns to push our cardiovascular workout.

Lateral Travel

Travel side to side in this sequence to keep up the dynamic aerobic effects of our fat-burning at an ever increasing pace.

Double Time

Using speed as an accelerator, enjoy the extra challenge of land moves in the added resistance of the water.

Formation

Get into the swing of things with a fantastic variety of team building exercises to enhance the group dynamics of this water pool party!

Suspension

Work hard to float the body using only your strength and stamina. A low impact activity never left you feeling so high!

Flotation

Experience flotation exercise using the noodle to assist you with suspended movement patterns improving your overall fitness level.

Upper Body

Strong upper body toning exercises leave your chest, arms and back smooth and firm. Watch your posture improve week to week.

Lower Body

Strengthen and firm the legs to improve muscular strength and endurance while enjoying the massaging effects of the water.

Core

Tone and tighten your middle section with exercise you never imagined could do the job so effectively and creatively.

Flexibility

In a beautiful closing to our buoyant workout, drop down a gear to focus on mobility and flexibility featuring the large muscle groups leaving you refreshed and rejuvenated.



HOW FIT DO I NEED TO BE TO DO WATER_{in}MOTION™?

First-timers do not need to be fit—just physically active and able to move freely.

HOW OFTEN SHOULD PEOPLE DO WATER_{in}MOTION™?

There is no prescribed frequency. SCW Fitness Education suggests two to five times a week, in conjunction with other physical activity maintaining one day a week for active rest.

WHAT DO I NEED TO WEAR OR BRING?

Whatever you would wear to your local pool! And if you feel you aren't ready for a bathing suit alone, throw a t-shirt over it and jump right in. No fears! You are among friends. Aqua shoes are suggested, but not required. Also bring some drinking water and a towel. Friends are highly recommended!



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