

water *in* **motion**[®]
Platinum

Celebrate
YOU

wave **16**

WATERinMOTION® Platinum is a shallow-water, low-impact aqua exercise experience that offers active aging adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility. Our vcertified instructors can gently share the pure joy of exercise through this buoyant, heart-healthy program.

TRACK	TITLE	ORIGINAL ARTIST*	TYPE	TIME	BPM
1	Put A Little Love In Your Heart	Annie Lennox And Al Green	Warm Up	5:26	127
2	Wannabe	Spice Girls	Linear	5:19	130
3	Free Fallin'	Freeloaders, Tom Petty	Balance	5:19	130
4	I Say A Little Prayer	Dionne Warwick, Diana King	Group	5:19	130
5	You're The Best Thing About Me	U2	Anchored	5:19	130
6	Cars	Gary Numan	Toning	4:48	130
7	I Love You	Martina Mcbride	Core	4:48	130
8	Brave	Sara Bareilles	Flexibility	3:08	78
9	Do It Again	Steely Dan	Bonus (Flotation)	4:48	130

*Songs not performed by the original artist



Eleven diverse segments, with a specific song track for each, will utilize fresh, yet simple movement patterns to invigorate participants regardless of age, skill or fitness level. Instructors will learn to use every inch of the pool with well planned transitions and carefully organized sequencing for workouts you've dreamed of, that are a cinch to integrate. Our experts pull them together and remove the need to analyze and prepare choreography, find the perfect music and prepare the structure of the class—we leave you with room to focus on your students!

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Produced exclusively for Water in Motion® by Yes! Fitness Music

Abbreviation Key

****Use the following, if needed, to decode the choreography notes listed on the following pages:**

OPP Opposite

B Back

ALT Alternating

DBL Double

CC Cross Country

SSD Single – Single – Double

L Left

TVL Travel

R Right

F Forward

JJ Jumping Jack

Color Code: Verse Chorus Bridge





WATERinMOTION® Platinum is a shallow-water, low-impact aqua exercise experience that offers active aging adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility. This customized exercise system provides quarterly-released music, easy-to teach and learn choreography, fantastic marketing and scientifically designed programming and education. Our WATERinMOTION® Platinum certified instructors can gently share the pure joy of exercise through this buoyant, heart-healthy program.

WATERinMOTION® Platinum supplies safe, effective and fun classes that are guaranteed to bring excitement back into your pool; by offering a system that understands and addresses the specific needs of your 70+ an/or deconditioned client. Your clients will experience improvements in:

- Cardiovascular health
- Strength
- Endurance
- Range of motion
- Balance
- Coordination
- Flexibility

Take the guess-work out of your aqua classes with this program that has a combined educational background of over 100 years of field experience and educational leadership.

Choreography Notes

Track # 1
Track Focus Warm up
Track Length 5:19
Song Title Put A Little Love In Your Heart
BPM 126

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2x8	Jog heel	16	R			
0:16	A	Verse 1	2x8	JOG HEEL HEART Jog heel (Arms: Heart and open)	16	R	Think of your fellow	Jog heel, Heart hands	
			2x8	DBL Jog heel	8		Another day goes by	Doubles	
0:46	B	Chorus 1	2x8	JOG Jog (Arms: big arms circle x4)	16	R	And the world	Jog with circle arm, small, little higher, straight arm, fingers open	
			2x8	DBL Jog (Arms: point "you"/"me" x4)	8	R	For you and me	Double jog, point two fingers,	
1:16	C	Bridge 1	2x8	JACK AND SIDE JJ	8		instrumental	Jumping jack, chest up	
			2x8	ALT JJ TVL side	4	R		Side to side, small movements	
1:47	A	Verse 2	4x8	JOG HEEL HEART	1	R	Think of your fellow	Jog heel with the heart, biceps, triceps, hamstrings	
2:17	B	Chorus 2	4x8	JOG	1		And the world	Jog, circle your arms, manual dexterity	
2:47	C	Bridge 2	4x8	JACK AND SIDE	1		instrumental	Jumping jack, wide, inner and outer thighs	
3:17	A	Verse 3	4x8	JOG HEEL HEART	1	R	Think of your fellow	Jog heel, heart, Love you all, thank you for coming to class	
3:47	B	Chorus 3	4x8	JOG	1		And the world	Jog, circle hands, All the way	
4:18	C	Bridge 3	4x8	JACK AND SIDE	1		instrumental	Jumping jack, a little bigger	
4:49	A	Verse 4	4x8	JOG HEEL HEART	1	R	Think of your fellow	Jog heel,	
		Finish		Land wide, hands to heart					
V1	C1	B1	V2	C2	B2	V3	C3	B3	V4

Trainer's Notes: Use this warmup to set the tone for your entire class. Connect the movements and lyrics by singing with your class.

Choreography Notes

Track # 2
Track Focus Linear
Track Length 5:11
Song Title Wannabe
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2x8	Kick	16	R			
0:15	A	Verse 1	1x8	KICK FRONT 8 Kick F, TVL F	8	R	If you want my future	Kick 8 and travel to us	
			1x8	Kick B, TVL B	8	L	If you wanna get	Straight kick back, move back	
			1x8	Kick F, TVL F	8	R	Now don't go	Travel forward, nice rebound	
			1x8	Kick B, TVL B	8	L	Get your act together	Move back, straight leg kick	
0:44	B	Chorus 1	4x8	SKI AND JACK FAST CC X3, fast JJ ALT angle R/L (Arms: long levers ski, short levers jacks)	4	R	If you wanna be my	3 full skis then 2 fast jacks	
1:14	C	Bridge 1	4x8	JOG AND KARATE Jog x4, Karate B x4	4	R	Instrumental	Jog 4, Karate kick back, hold your guard up	
1:43	A	Verse 2	4x8	KICK FRONT 8	1	R	Whatcha think about	Kick travel to us, quads	
2:13	B	Chorus 2	4x8	SKI AND JACK FAST	1	R	If you wanna be my	3 rebound skis, 2 fast jacks, inner outer thighs	
2:43	C	Bridge 2	4x8	JOG AND KARATE	1	R	Instrumental	Jog 4, karate back, glutes	
3:11	A	Verse 3	4x8	KICK FRONT 8	1	R	If you want my future	Travel forward, kick, kick the back wall	
3:41	B	Chorus 3	4x8	SKI AND JACK FAST	1	R	If you wanna be my	Rebound ski, fast angled jack, more white water	
4:11	C	Bridge 3	4x8	JOG AND KARATE	1	R	Instrumental	Jog, karate, kick over a stool	
4:39	B	Chorus 4	4x8	SKI AND JACK FAST	1	R	If you wanna be my	Show me the skis, big ones	
		Finish		Land wide, arms out					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Notes: Most of the moves in this track occur in the sagittal plane. The fast jack in the chorus is the only move that is not in the sagittal plane. So take advantage of this track to train the quadriceps, gluteals, hip flexors and hamstrings.

Choreography Notes

Track # 3
Track Focus Balance
Track Length 5:11
Song Title Free Fallin'
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2x8	Jog	16	R			
0:16	A	Verse 1	4x8	JOG 3 Jog SSD	16	R	instrumental	Jog, single single double	
0:45	B	Chorus 1	1x8	LEAP RIGHT Leap side x3, jump F/B (Arms: Angle, push/pull)	1	R	Now I'm free	3 leaps right, jump front and back	
			1x8	Leap side x3, jump F/B	1	L	Now I'm free	3 leaps the other way	
			1x8	Leap side x3, jump F/B	1	R	Now I'm free	Go right 3	
			1x8	Leap side x3, jump F/B	1	L	Now I'm free	One more time	
1:15	C	Bridge 1	1x8	RUN AND TREE Run in a circle	16	R	instrumental	Run around in a circle	
			1x8	Tree pose hold (Arms: Prayer)	1	R	instrumental	Hit the tree pose	
			1x8	Run in a circle	16	L	instrumental	Run in a circle the other way	
			1x8	Tree pose hold (Arms: Prayer)	1	L	instrumental	Tree pose, balance challenge	
1:44	A	Verse 2	4x8	JOG 3	1	R	instrumental	Jog, remember the double	
2:13	B	Chorus 2	4x8	LEAP RIGHT	1	R	Now I'm free	Leap right, inner/outer thighs	
2:44	C	Bridge 2	4x8	RUN AND TREE	1	R	instrumental	Run around in a circle, hold tree	
3:20	A	Verse 3	4x8	JOG 3	1	R	instrumental	Single single double jog	
3:47	B	Chorus 3	4x8	LEAP RIGHT	1	R	Now I'm free	Triple leap to the right	
4:11	C	Bridge 3	4x8	RUN AND TREE	1	R	instrumental	Run and balance challenge	
4:41	B	Chorus 4	4x8	LEAP RIGHT	1	R	Now I'm free	Triple leap, final round	
		Finish		Land wide, arms slanted					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Notes: Use the run in a circle to really churn up the water so that holding tree pose is actually a challenge.

Choreography Notes

Track # 4
Track Focus Group
Track Length 5:11
Song Title Say A Little Prayer
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2x8	Jog to 2 lines, facing center	16				
0:16	A	Verse 1	1x8	SKI CC (Arms: long levers)	8	R	The moment I wake	Cross country rebound	
			1x8	GRND CC (Arms: prayer)	8	L	I say a little prayer	Grounded, prayer hands	
			1x8	CC (Arms: long levers)	8	R	When combing my hair	Return to the rebound	
			1x8	GRND CC (Arms: prayer)	8	L	I say a little prayer	Grounded	
0:45	B	Chorus 1	4x8	JOG CROSS LINES Jog TVL F x12, turn around x4	2	R	Forever, Forever	Jog and switch lines, keep the rebound	
1:15	C	Bridge 1	4x8	BOUNCE AROUND 4 bounces 1/2 turn (in/out/in/out)	8	R	instrumental	Bounce around and push the hands, 4 in and 4 out	
1:44	A	Verse 2	4x8	SKI	1	R	I run for the bus dear	Cross country, core and legs	
2:14	B	Chorus 2	4x8	JOG CROSS LINES	1	R	Forever, Forever	Jog and switch lines	
2:44	C	Bridge 2	4x8	BOUNCE AROUND	1	R	Instrumental	Bounce around, jump, push out, shoulders and legs	
3:12	A	Verse 3	4x8	SKI	1	R	The moment I wake	Cross country rebound, good waves, pray for strong bodies	
3:42	B	Chorus 3		JOG CROSS LINES	1	R	Forever, Forever	Jog and switch, bigger than before, add personality	
4:13	C	Bridge 3	4x8	BOUNCE AROUND	1	R	Instrumental	Bounce around, get the white water going	
4:41	B	Chorus 4	4x8	JOG CROSS LINES	1	R	Forever, Forever	Jog and switch lines, sing	
		Finish		Jump to face in, push					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Notes: Create fun and interaction during this track. Many students come to class because they will be part of a group. Cooperative activities actually combat loneliness and depression.

Choreography Notes

Track # 5
Track Focus Anchored
Track Length 5:11
Song Title You're the Best Thing About Me
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
			2x8	JJ	8				
0:16	A	Verse 1	1x8	ANCHORED TAP Tap heel F/toe B (Arms: clasped)	4	R	When you look so	Anchored heel and toe tap front and back	
			1x8	Tap heel F/toe B (Arms: clasped)	4	L	When you look so	Switch sides	
			1x8	Tap heel F/toe B (Arms: clasped)	4	R	When the world is	Hands clasp in to engage the core	
			1x8	Tap heel F/toe B (Arms: clasped)	4	L	Full of shooting stars	Front and back	
0:45	B	Chorus 1	4x8	JOG TOUCH HEEL Jog (Arms: opposite hand to heel)	32	R	You're the best	Jog and touch your heel	
1:15	C	Bridge 1	4x8	JACK & SHOP – NEUROPLASTICITY DRILL JJ (Shopping list items by alphabet)	32		instrumental	Jack, listen to my list: Cabbage, corn, chicken, celery	
1:44	A	Verse 2	4x8	ANCHORED TAP	1	R	I've been trying	Anchored tap, heel toe, Ankle and plantar flexion, core	
2:14	B	Chorus 2	4x8	JOG TOUCH HEEL	1	R	You're the best	Jog touch heel, inner thigh	
2:44	C	Bridge 2	4x8	JACK & SHOP – NEUROPLASTICITY DRILL	1		instrumental	Jack and shop, listen: Salmon, spinach, sausage, Snickers	
3:12	A	Verse 3	4x8	ANCHORED TAP	1	R	I've been trying	Anchor it, longer reach	
3:42	B	Chorus 3	4x8	JOG TOUCH HEEL	1	R	You're the best	Jog with a heel touch	
4:13	C	Bridge 3	4x8	JACK & SHOP – NEUROPLASTICITY DRILL	1		instrumental	Jack & shop, listen: Pizza, pickles, pie, popcorn	
4:42	B	Chorus 4	4x8	JOG TOUCH HEEL	1	R	You're the best	Jog touch your heel, more rebound, you're home free	
		Finish		Stand hands clasped					
V1	C1	B1	V2	C2	B2	V3	C3	B3	B4

Trainer's Notes: *NEUROPLASTICITY DRILL DIRECTIONS: For this neuroplasticity drill the instructor will choose 4 grocery items to have the class repeat.

Choreography Notes

Track # 6
Track Focus Toning
Track Length 4:42
Song Title Cars
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue									
		Intro	2x8	Noodle in reverse "U" shape													
0:16	A	Verse 1	2x8	DRIVE AND PUSH Drive R, Push noodle, Drive R, Pull noodle	4	R	Here in my car	Drive right and push, then drive and pull									
			2x8	Drive L, Push noodle, Drive L, Pull noodle	4	L	Here in my car	Left turn and out, left turn and in									
0:45	B	Chorus 1	4x8	TRICEPS PRESS Kneeling Triceps press, feet GND	16	R	instrumental	Triceps press down, both feet down, knees together									
1:14	C	Bridge 1	4x8	PUSH PULL SKI CC (Arms: ALT push/pull)	16	R	instrumental	Cross country ski with a push and pull, keep your noodle in front, close to your body									
1:44	A	Verse 2	4x8	DRIVE AND PUSH	1	R	Here in my car	Drive right, push, core stability, shoulders									
2:14	B	Chorus 2	4x8	TRICEP PRESS	1	R	instrumental	Triceps press, back of your arm									
2:44	C	Bridge 2	4x8	PUSH PULL SKI	1	R	instrumental	Ski and push and pull, chest and back, hips and legs									
3:12	A	Verse 3	4x8	DRIVE AND PUSH	1	R	Here in my car	Drive the car, drive and push									
3:42	B	Chorus 3	4x8	TRICEP PRESS	1	R	instrumental	Triceps press									
4:12	C	Bridge 3	4x8	PUSH PULL SKI	1	R	instrumental	Ski, push and pull									
4:42		Finish		Lunge, push left arm F													
V1		C1		B1		V2		C2		B2		V3		C3		B3	

Trainer's Notes: Refer to the name of this song, "Cars" by the Cars to connect with the Drive and Push block. This will make this track memorable.

Choreography Notes

Track # 7
Track Focus Core
Track Length 4:42
Song Title I Love You
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue									
		Intro	2x8	Prepare noodle in hands													
0:16	A	Verse 1	4x8	TUCK ANKLE TAP Tucks knees to chest (Arms: noodle taps ankles)	16		The sun is shinin'	Tuck, tap to the ankle, control through the core									
0:44	B	Chorus 1	4x8	TUCK SHOOT Tuck, shoot legs side, tuck, tap down (Arms: arms opposition of legs)	8	R	Cause I'm in so	Tuck, shoot, tuck and tap down, arms reach opposite of the legs, lie down on your side									
1:14	C	Bridge 1	4x8	FIGURE 8 Feet grounded (Arms: Figure 8 noodle underwater)	16	R	Instrumental	Figure 8, stir the water up, one side at a time									
1:44	A	Verse 2	4x8	TUCK ANKLE TAP	1		The sun is shinin'	Tuck and tap your ankle, C curve in the spine									
2:14	B	Chorus 2	4x8	TUCK SHOOT	1	R	Cause I'm in so	Tuck and shoot, obliques									
2:44	C	Bridge 2	4x8	FIGURE 8	1	R	Instrumental	Stand up, Figure 8, all of the abdominal muscles work together									
3:12	A	Verse 3	4x8	TUCK ANKLE TAP	1		The sun is shinin'	Tuck and tap									
3:42	B	Chorus 3	4x8	TUCK SHOOT	1	R	Cause I'm in so	Tuck and shoot, I love it									
4:19	C	Bridge 3	4x8	FIGURE 8	1	R	instrumental	Figure 8, dig deeper									
4:42		Finish		Arms front													
V1		C1		B1		V2		C2		B2		V3		C3		B3	

Trainer's Notes: The moves in this track are relatively simple so you have time to cue alignment, muscle usage and appropriate ROM.

Choreography Notes

Track # 8
Track Focus Flexibility
Track Length 2:40
Song Title Brave
BPM 98

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue					
		Intro	2x8	Sway	4	R							
0:11	A	Verse 1	1x8	KNEE TO DANCER Hand down shin to quad stretch	1	R	You can be amazing	Knee up, reach up and over, quad stretch					
			1x8	Tilt forward to dancer	1	R	You can be	tilt forward to Dancer					
			1x8	Hand down shin to quad stretch	1	L	Love,	Now the left side, knee up					
			1x8	Tilt forward to dancer	1	L	You can start	Tilt to Dancer					
0:32	B	Chorus 1	1x8	SWEEP TO STRONG Arms sweep open and up 1-4, bicep flex 5-8	1	R	Say what you want	Arms wide to the side, breathe up and pull in					
			1x8	Leg swing B/F/B/down	1	R	Out, honestly	swing your leg back and front					
			1x8	Arms sweep open and up 1-4, bicep flex 5-8	1	L	Say what you want	Sweep your arms out and up					
			1x8	Leg swing B/F/B/down	1	L	Out, honestly	Swing your leg back and front					
0:54	C	Bridge 1	1x8	HIP OPEN AND ROLL Lateral leg lift 1-4, tuck in 5-6, extend 7-8	1	R	I just wanna see you	Float your leg to the side, pull in and extend rotate ankle					
			1x8	roll ankle and wrists x3	1	R	Just wanna see you	Rotate your ankle and wrists					
			1x8	Lateral leg lift 1-4, tuck in 5-6, extend 7-8	1	L	Let your words be	Left leg lifts side					
			1x8	roll ankle and wrists x3	1	L	Why don't you tell	Rotate your ankle and wrists					
1:15	A	Verse 2	4x8	KNEE TO DANCER	1	R/L	Everybody's been	Knee up to the Dancer					
1:36	B	Chorus 2	4x8	SWEEP TO STRONG	1	R/L	Say what you want	Arms sweep out and up, pull in					
1:59	C	Bridge 2	4x8	HIP OPEN AND ROLL	1	R/L	I just wanna see you	Reach your leg side					
2:19	B	Chorus 3	4x8	SWEEP TO STRONG	1	R/L	Say what you want	Arms out to the side, pull in					
2:40		Finish		Sweep up to the sides, pull into heart center									
V1		C1		B1		V2		C2		B2		C3	

Trainer's Notes: The dynamic movements of this track allow for increased flexibility while maintaining some movement to stay warm in the water environment. Cue students to stretch within their own ROM and avoid pain.

Choreography Notes

Track# BONUS
Track Focus Flotation
Track Length 4:40
Song Title Do It Again
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue									
		Intro	2x8	Straddle noodle													
0:16	A	Verse 1	4x8	TUCK SHOOT ANGLE Knee tuck, single leg angle shoot	16	R	In the morning	Tuck and extend one foot at a time, lean slightly									
0:44	B	Chorus 1	4x8	DOUBLE SKI ½ MOON DBL SUSP CC x2, ½ moon leg sweep x2	4	R	Go back jack	Double ski in flotation, then half moon or straddle split									
1:14	C	Bridge 1	1x8	SCOOP FRONT Ankles crossed TVL F (Arms: scoop front)	4		Instrumental	Scoop forward, ankles cross									
			1x8	Ankles crossed TVL B (Arms: scoop back)	4		Instrumental	Scoop back, 4 times									
			1x8	Ankles crossed TVL F (Arms: scoop front)	4		Instrumental	Forward again									
			1x8	Ankles crossed TVL B (Arms: scoop back)	4		Instrumental	And back									
1:46	A	Verse 2	4x8	TUCK SHOOT ANGLE	1	R	When you know	Tuck extend, core, hips									
2:14	B	Chorus 2	4x8	DOUBLE SKI ½ MOON	1	R	Go back jack	Double ski, half moon around, core, upper body, hips									
2:44	C	Bridge 2	4x8	SCOOP FRONT	1		instrumental	Scoop 4, cross at the ankles for stability, chest and back									
3:13	A	Verse 3	4x8	TUCK SHOOT ANGLE	1	R	Now you swear	Tuck extend, more lean									
3:45	B	Chorus 3	4x8	DOUBLE SKI ½ MOON	1	R	Go back jack	Double ski									
4:29	C	Bridge 3	4x8	SCOOP FRONT	1		instrumental	Scoop 4, sit tall, shoulders down, smile									
		Finish		Float and hold													
V1		C1		B1		V2		C2		B2		V3		C3		B3	

Trainer's Notes: All of the moves in this track are in flotation. Core stability will be important to maintain an upright position and proper posture.

Music Credits



WATERinMOTION® Platinum 16 - YES2193-2
Yes! Fitness Music

Songs Courtesy Of:

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I Say A Little Prayer ~ Written by: B. Bacharach, D. Hal ; Published by: New Hidden Valley, Bmg Rights Management Uk Ltd

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Cars ~ Written by: G. Numan ; Published by: Universal Songs Of Polygram International

I Love You ~ Written by: M. Mc Bride ; Published by: Copyright Control

Brave ~ Written by: Bareilles, Antonoff ; Published by: Sony Atv Tunes Llc

Do It Again ~ Written by: Becker, Fagen ; Published by: Universal Music, Red Giant

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