CELEBRATING 10 YEARS

Splash BASH

OF WATERinMOTION®

water in motion® Platinum

wave 19

WATERinMOTION® Platinum is a shallow-water, low-impact aqua exercise experience that offers older adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility.

water in motion® The new wave in aqua exercise

DISTRIBUTED BY SCW

CALORIES	DURATION	EXERCISE TYPE	INTENSITY	MUSIC	EQUIPMENT	RESULTS
AVERAGE 300 BURNED	45-55 MINUTES	ADULT GROUP AQUA EXERCISE WORKOUT	LOW IMPACT, MODERATE ENERGY. YOU DETERMINE THE INTENSITY	CLASSIC OLDIES SING-ALONG TUNES	AQUA NOODLE	INCREASES STRENGTH & ENDURANCE, INCREASES MANUAL DEXTERITY INCREASES LEVEL OF INDEPENDENCE

SilverSneakers® APPROVED by Tivity Health