

waterinmotion®  
Platinum

wave25

NEVER  
*give in*

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.

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DISTRIBUTED BY SCW

CALORIES

AVERAGE  
**300**  
BURNED

DURATION

**45-55**  
MINUTES

EXERCISE TYPE

ADULT GROUP  
AQUA EXERCISE  
WORKOUT

INTENSITY

LOW IMPACT,  
MODERATE ENERGY.  
YOU DETERMINE  
THE INTENSITY

MUSIC

CLASSIC  
OLDIES  
SING-ALONG  
TUNES

EQUIPMENT

AQUA NOODLE

RESULTS

INCREASES STRENGTH &  
ENDURANCE, INCREASES  
MANUAL DEXTERITY  
INCREASES LEVEL  
OF INDEPENDENCE

  
**SilverSneakers**  
APPROVED  
by Tivity Health