

waterinmotion®  
Platinum



wave(27)

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	DURATION	EXERCISE TYPE	INTENSITY	MUSIC	EQUIPMENT	RESULTS
AVERAGE <b>300</b> BURNED	<b>45-55</b> 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