

waterinmotion®
STRENGTH

wave 10

COMMIT TO STRONG



waterinmotion®
The new wave in aqua exercise

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WATERinMOTION® 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!

CALORIES	DURATION	EXERCISE TYPE	INTENSITY	MUSIC	EQUIPMENT	RESULTS
AVERAGE 500 BURNED	55 MINUTES	GROUP AQUA EXERCISE WORKOUT	LOW IMPACT, HIGH ENERGY. YOU DETERMINE THE INTENSITY	THE LATEST INSPIRING SING-ALONG TUNES	NOODLE	INCREASES STRENGTH & ENDURANCE, TONES & SHAPES, AND MAINTAINS HEART HEALTH


SilverSneakers
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