



waterinmotion  
**STRENGTH**

# STRONG WATERS

wave 13



waterinmotion  
The new wave in aqua exercise

DISTRIBUTED BY SCW

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 <b>500</b> BURNED	<b>55</b> 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

  
**Silver Sneakers**  
APPROVED  
by Tivity Health