

TAKE FLIGHT



water *in* motion®
STRENGTH

wave 4



water *in* motion®
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

AVERAGE
500
BURNED

DURATION

55
MINUTES

EXERCISE TYPE

GROUP AQUA
EXERCISE WORKOUT

INTENSITY

LOW IMPACT,
HIGH ENERGY.
YOU DETERMINE
THE INTENSITY

MUSIC

THE LATEST
INSPIRING
SING-ALONG
TUNES

EQUIPMENT

NOODLE

RESULTS

INCREASES STRENGTH
& ENDURANCE,
TONES & SHAPES, AND
MAINTAINS HEART HEALTH


SilverSneakers
APPROVED
by Tivity Health