



*YOU ARE*  
**WATER**  
**PROOF**



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

