



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

