

water **in** motion  
**STRENGTH**

# JOIN THE RESISTANCE



wave 7



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	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

**SilverSneakers**  
 APPROVED  
 by Tivity Health