IN THEIR OWN WORDS

WATERinMOTION® is so much fun and such a great work out!" This is what everyone heard at our Weight Watchers meeting. So I invited them to try WATERinMOTION®, and provided them with a free WATERinMOTION® pass. Immediately after class I observed these two ladies joining the YMCA so that they could come to all the WATERinMOTION® classes. They are now regular class attendees! As an instructor, I have never been so excited to come to work. The music is so motivational and fun. The moves are specifically geared to overall fitness and provide an awesome work out for my participants. I appreciate all the effort that goes into the training materials for each new wave of music that comes out. Our class numbers are up 25% and average visits per aqua member have gone up 20% I wish I had more room to accommodate them all!

Kay Heidrich • Assistant Director/WATERinMOTION® Instructor
Cass Clay YMCA - Fargo, ND • kay@trinitymhd.org • 701-293-9622

There is an air of excitement amongst the members with our WATERinMOTION® classes here at the YMCA Indian Boundary since it was launched. Our members really enjoy working out to an organized routine, great music and enthusiasm that is taught by our instructors, it really brings a new sense of energy to our pool. The class has great participation and everyone looks forward to seeing everyone else take class. What is so great about the program design is that it can be done by everyone, we are currently servicing a younger demographic age group than our regular water exercising classes have in the past. We market to our swim parents, who constantly ask about the class and are intrigued by how much "fun" everyone looks to be having while they are observing their children swim classes. It is so enjoyable, it doesn't even seem like you are exercising!

Shannon Payton • Group Fitness Manager
Indian Boundary YMCA, IL • spayton@ymcachicago.org • 630-968-8400

water in motion®
The new wave in aqua exercise

www.WATERinMOTION.com
water@scwfit.com
847-562-4020

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ANYONE CAN MAKE A SPLASH!

WATERinMOTION® is a fun and energizing aqua program that will get you moving.

Jump in and make a splash with WATERinMOTION®, a fun group aqua class that tones and tapers the entire body. For participants of all ages, skill and fitness levels, enjoy this low impact lively water workout packed with fantastic sing-along music and welcoming teachers. Aqua-phobes will forever become aqua-FANS when they "Catch the Wave"!

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WATERinMOTION® IS THE NEW WAVE IN AQUATIC EXERCISE!

This water exercise system is pre-choreographed, quarterly released, and designed to effectively, efficiently and profitably utilize the most expensive piece of equipment in your fitness facility...your pool!

- **Improve and retain quality control in your aquatic fitness department**
- **Expand your water demographics satisfying loyal members and reaching new participants**
- **Create a successful aqua "team" to get your instructors on the same page**
- **Enjoy systematized, turn-key, marketing solutions every three months**
- **Banners, Posters, Passes, Coupons, Sales Strategies, Launch techniques accessible 24/7**
- **Realize the potential of your pool for as little as the cost of your monthly chlorine**
- **Risk-free - cancel at any time!**

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FINALLY, A WATER EXERCISE SYSTEM TO REACH HEALTH SEEKERS AND GROW YOUR COMMUNITY!

WATERinMOTION® includes a comprehensive and affordable 16 hour (2-day) certification featuring leaders with over 20 years of teaching experience. The extensive training manual, quarterly released music and DVDs, along with clear and concise choreography notes guarantee a safe, effective and creative program to attract and retain health seekers of all walks of life.

16 Hour (2 Day) Live Certification

DVD and Music CD

All Inclusive Manual

Choreography Notes including ipod counts, movements & cues

MARKETING KITS

Marketing Kits and Re-Launch Packets will help you pack and promote your WATERinMOTION® classes! Included in each kit are:
Launch posters, Launch sIgn-up sheets, Instructor track assignments, Free class passes, Event passes, Tips for a top notch launch and Instructor recruitment posters.

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