



water*in***motion**[®]
Platinum

POOL
YOUR
ENERGY

wave*14*

WATERinMOTION® Platinum is a shallow-water, low-impact aqua exercise experience that offers active aging adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility. Our vcertified instructors can gently share the pure joy of exercise through this buoyant, heart-healthy program.

TRACK	TITLE	ORIGINAL ARTIST*	TYPE	TIME	BPM
1	You Keep Me Hangin' On	Kim Wilde, The Supremes	Warm Up	5:26	127
2	Your Love	The Outfield	Linear	5:17	130
3	The Warrior	Scandal	Balance	5:19	130
4	Don'T Stop Believin'	Journey	Group	5:20	130
5	Dancing	Kylie Minogue	Anchored	5:17	130
6	Jessie's Girl	Rick Springfield	Toning	4:47	130
7	We Built This City	Starship	Core	4:48	130
8	Fire And Rain	Birdy, James Taylor	Flexibility	3:09	78
9	On The Radio	Donna Summer	Bonus (Flotation)	4:48	130

*Songs not performed by the original artist

Changing the Tide in Water Exercise



Eleven diverse segments, with a specific song track for each, will utilize fresh, yet simple movement patterns to invigorate participants regardless of age, skill or fitness level. Instructors will learn to use every inch of the pool with well planned transitions and carefully organized sequencing for workouts you've dreamed of, that are a cinch to integrate. Our experts pull them together and remove the need to analyze and prepare choreography, find the perfect music and prepare the structure of the class—we leave you with room to focus on your students!

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Abbreviation Key

****Use the following, if needed, to decode the choreography notes listed on the following pages:**

OPP Opposite

B Back

ALT Alternating

DBL Double

CC Cross Country

SSD Single – Single – Double

L Left

TVL Travel

R Right

F Forward

JJ Jumping Jack

Color Code: Verse Chorus Bridge





WATERinMOTION® Platinum is a shallow-water, low-impact aqua exercise experience that offers active aging adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility. This customized exercise system provides quarterly-released music, easy-to teach and learn choreography, fantastic marketing and scientifically designed programming and education. Our WATERinMOTION® Platinum certified instructors can gently share the pure joy of exercise through this buoyant, heart-healthy program.

WATERinMOTION® Platinum supplies safe, effective and fun classes that are guaranteed to bring excitement back into your pool; by offering a system that understands and addresses the specific needs of your 70+ an/or deconditioned client. Your clients will experience improvements in:

- Cardiovascular health
- Strength
- Endurance
- Range of motion
- Balance
- Coordination
- Flexibility

Take the guess-work out of your aqua classes with this program that has a combined educational background of over 100 years of field experience and educational leadership.

Choreography Notes

Track # 1
Track Focus Warm up
Track Length 5:19
Song Title You Keep Me Hanging On
BPM 126

		Song Part	Count	Movement			Reps	Lead	Music Cue	Verbal Cue									
		Intro	2x8	Jog				R											
0:16	A	Verse 1	2x8	DBL JOG HEEL AND PULL Jog heel (Arms: come here hands)			8	R	Why do you keep	MOVE Double heel up, big pull with arms									
			2x8	DBL Jog heel (Arms: push arms F)			8	R	Let me get over you	Big push with arms									
0:46	B	Chorus 1	4x8	CROSS YOUR HEART JACK DBL JJ (Arms: side/cross your heart fists)			16		Set me free	Double jack, arms out with blades, in with fists									
1:16	C	Bridge 1	2x8	STARFISH JOG Jog 6 ,Bounce 2 (Arms: Starfish on jog, push on bounce)			4	R	instrumental	Starfish on jog, two pushes with two bounces									
1:47	A	Verse 2	4x8	JOG HEEL			1	R	Why do you keep	MUSCLE Chest, back, hamstrings									
2:17	B	Chorus 2	4x8	CROSS YOUR HEART JACK			1		Set me free	Inner/outer thighs									
2:47	C	Bridge 2	4x8	STARFISH JOG			1	R	instrumental	Core									
3:17	A	Verse 3	4x8	JOG HEEL			1	R	Why do you keep	MOTIVATION Bigger pull, “Pull me in”									
3:47	B	Chorus 3	4x8	CROSS YOUR HEART JACK			1		Set me free	“Cross your heart you will stay forever”									
4:18	C	Bridge 3	4x8	STARFISH JOG			1	R	instrumental	Big rebound, make a wave									
4:49	B	Chorus 4	4x8	CROSS YOUR HEART JACK			1		Set me free										
		Finish		Wide V															
V1		C1		B1		V2		C2		B2		V3		C3		B3		C4	

Trainer's Notes: This is a fun warm up tracks that focuses on warming all the major muscle groups. There is a major emphasis on manual dexterity, which is so important to our active aging populations!

Choreography Notes

Track # 2
Track Focus Linear
Track Length 5:11
Song Title Your Love
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue					
		Intro	2x8	Jog									
0:15	A	Verse 1	1x8	ANGLED ROCKING HORSE 3 Angle Rocking horse, curl/kick	1	R	Josie's on a vacation	MOVE 3 rocking horse on an angle, curl/ kick and switch					
			1x8	3 Angle Rocking horse, curl/kick	1	L	So many things I						
			1x8	3 Angle Rocking horse, curl/kick	1	R	I ain't got many						
			1x8	3 Angle Rocking horse, curl/kick	1	L	You know I'd						
0:44	B	Chorus 1	4x8	JUMPING JACK 3 JJ x 3, jump F/B			I just want to use	3 jacks, jump front and back					
1:14	C	Bridge 1	4x8	TRAVEL KICK FORWARD Kick forward TVL F	8	R	instrumental	Kick forward, travel forward, scoop arms					
				Kick back TVL B	8	R		Kick back, chest press, travel back					
				Kick forward TVL F									
				Kick back TVL B									
1:43	A	Verse 2	4x8	ANGLED ROCKING HORSE	1	R	As you're leaving	MUSCLE Hamstring, quad, chest, back					
2:13	B	Chorus 2	4x8	JUMPING JACK 3	1		I just want to use	Inner/outer thighs, chest/back					
2:43	C	Bridge 2	4x8	TRAVEL KICK FORWARD	1	R	instrumental	Hip flexors, chest and shoulders, glute					
3:11	A	Verse 3	4x8	ANGLED ROCKING HORSE	1	R	Josie's on a vacation	MOTIVATION Bigger movement, make bubbles, create white water					
3:41	B	Chorus 3	4x8	JUMPING JACK 3	1		I just want to use	Land wider, get some distance					
4:11	C	Bridge 3	4x8	TRAVEL KICK FORWARD	1	R	instrumental	"Come to me", "front of the pool, back of the pool"					
4:39	B	Chorus 4	4x8	JUMPING JACK 3	1		I just want to use						
		Finish		Wide V									
V1		C1		B1	V2		C2	B2	V3		C3	B3	C4

Trainer's Notes: This is a big cardio track! Have lots of fun – encourage movement of the water and big linear travel on the front and back kicks!

Choreography Notes

Track # 3
Track Focus Balance
Track Length 5:11
Song Title Warrior
BPM 130

		Song Part	Count	Movement		Reps	Lead	Music Cue	Verbal Cue		
		Intro	2x8	Jog							
0:16	A	Verse 1	2x8	RUN IN A CIRCLE Run circle x 2		16	R	You run,run,run away	MOVE Run in a circle		
			2x8	Change direction/Run circle x 2		16	L	Well, isn't love	Switch direction		
0:45	B	Chorus 1	4x8	DOUBLE BOW JACK Double Bow JJ		8	R	Shooting at the walls	2 bow jacks, release the arrow		
1:15	C	Bridge 1	4x8	WARRIOR BALANCE R Single leg swing F/B/F/B, hold warrior 3		2	R	Instrumental/the warrior	Grounded swings, hold for balance		
				L Single leg swing F/B/F/B, hold warrior 3		2					
1:44	A	Verse 2	4x8	RUN IN A CIRCLE		1	R	You talk,talk,talk to	MUSCLE Quads, shoulders		
2:13	B	Chorus 2	4x8	DOUBLE BOW JACK		1	R	Shooting at the walls	Inner/outer thighs, chest/back		
2:44	C	Bridge 2	4x8	WARRIOR BALANCE		1	R	Instrumental	Quads, glutes, hamstrings, core		
3:20	A	Verse 3	4x8	RUN IN A CIRCLE		1	R	You run, run,run	MOTIVATION Make your circle bigger		
3:47	B	Chorus 3	4x8	DOUBLE BOW JACK		1	R	Shooting at the walls	Pull it back, explode out of the water, release the arrow		
4:11	C	Bridge 3	4x8	WARRIOR BALANCE		1	R	Instrumental	Point your toe, bigger swing		
4:41	B	Chorus 4	4x8	DOUBLE BOW JACK		1	R	Shooting at the walls			
		Finish		Bow Pull							
V1		C1		B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Notes: Balance training is essential for all this demographic, this is a fun track everyone can sing along to while working hard on their balance!

Choreography Notes

Track # 4
Track Focus Group
Track Length 5:11
Song Title Don't Stop Believing
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue					
		Intro	2x8	Jog to face partner/Jack									
0:16	A	Verse 1	4x8	DOUBLE JACK AND CHOO CHOO DBL JJ x4	4		Just a small town girl	MOVE Double jack wide					
				DBL JJ (Arms: choo choo x 4)	4		Just a city boy	Add choo choo arms					
0:45	B	Bridge 1	4x8	DOUBLE JUMP FORWARD DBL jump F/B into and away from partner	8	R	Strangers waiting up and down	Double jump forward/double jump back					
1:15	C	Chorus 1	2x8	JOG AND FIND A FRIEND Jog to new partner (Arms: breast stroke)	16	R	Don't stop believing	Jog to a new partner					
			2x8	Jump rope	16			Jump rope of the spot					
1:44	A	Verse 2	4x8	DOUBLE JACK AND CHOO CHOO	1		Working hard to get	MUSCLE Outer/inner thigh, abductors, core					
2:14	B	Bridge 2	4x8	DOUBLE JUMP IN	1	R	Strangers waiting up	Core, legs					
2:44	C	Chorus 2	4x8	JOG AND FIND A FRIEND	1	R	Don't stop believing	Chest, back					
3:12	A	Verse 3	4x8	DOUBLE JACK AND CHOO CHOO	1		Just a small town girl	MOTIVATION Push out, pull in, big choo choo arms					
3:42	B	Bridge 3		DOUBLE JUMP IN	1	R	Strangers waiting up	Big jump in, continue rebound					
4:13	C	Chorus 3	4x8	JOG AND FIND A FRIEND	1	R	Don't stop believing	Lots of rebound, stir the water					
4:41	B	Chorus 4	4x8	DOUBLE JUMP IN	1	R	Don't stop believing						
		Finish		Jump forward									
V1		B1		C1	V2		B2	C2	V3		B3	C3	C4

Trainer's Notes: Encourage finding a new partner every chorus! This will increase social interactions among your participants!

Choreography Notes

Track # 5
Track Focus Anchored
Track Length 5:11
Song Title Dancin'
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue					
			2x8	JJ	8								
0:16		Verse 1	2x8	ANCHORED ½ JACK ½ JJ (Arms: short lever, “dance hand”)	16	R	You were working as a waitress	MOVE ½ grounded jazz hand jack					
0:45	B	Chorus 1	4x8	NUETRAL CROSS COUNTRY Neutral CC (Arms: clasped at chest level)	32	R	Don't, Don't you want	Heel and toe neutral cross country ski, hand clasped at chest level					
1:15	C	Bridge 1	4x8	JOG NEUROPLASTICITY DRILL* Jog (Arms: hands out of water tapping 1 st , 2 nd , 3 rd , and 4 th fingers to the thumb, coinciding with counting)	32	R	Don't you want me baby	Jog and count, pinch fingers					
1:44	A	Verse 2	4x8	ANCHORED ½ JACK	1	R	I was working as a	MUSCLE Inner/outer thigh					
2:14	B	Chorus 2	4x8	NUETRAL CROSS COUNTRY	1	R	Don't Don't you want	Core, hip flexor, glute					
2:44	C	Bridge 2	4x8	NUEROPLASTICITY DRILL WITH CC	1	R	Don't you want me	Brain!!					
3:12	A	Verse 3	4x8	ANCHORED ½ JACK	1	R	You were working as	MOTIVATION “Broadway is calling”					
3:42	B	Chorus 3	4x8	NUETRAL CROSS COUNTRY	1	R	Don't, Don't you want	Longer legs, “dance like no one’s watching”					
4:13	C	Bridge 3	4x8	NUEROPLASTICITY DRILL WITH CC	1	R	Don't you want me	Challenge your class!					
4:42	B	Chorus 4	4x8	NUETRAL CROSS COUNTRY	1	R	Don't, Don't you want						
		Finish		Stand hands clasped									
V1		C1		B1	V2		C2	B2	V3		C3	B3	B4

Trainers' Notes:

*NUEROPLASTICITY DRILL DIRECTIONS: Since the concept of adding this drill is new we will be keeping it very simple this release. For B1 you will be counting by 2's as you pinch fingers to thumb. For B2 you will be counting by 3's as you pinch fingers to thumb. For B3 you will be counting by 5's as you pinch fingers to thumb. Lastly, for B4 you will be counting by 10's. You will only need to count as high as you are comfortable, for example you may only want to count 2,4,6,8 and repeat for the duration of B1 the first time through. As you and your participants become more comfortable you can challenge your class by counting higher and higher. Please enjoy this drill and take time to study the article and educate your class on the benefits of this training!

Another tip is to use the simplicity of the chorus to explain what will be happening in the coming block to ensure a comfortable transition into our drill!

Choreography Notes

Track # 6
Track Focus Toning
Track Length 4:42
Song Title Jessie's Girl
BPM 130

		Song Part	Count	Movement		Reps	Lead	Music Cue	Verbal Cue			
		Intro	2x8	Noodle in reverse U, neutral toes back								
0:16		Verse 1	4x8	TRICEP PRESS Triceps press down		16		Jessie is a friend	MOVE Narrow grip, toes down in back, press down/float up			
0:45	B	Chorus 1	2x8	LUNGING CHEST PRESS Lunge noodle push down		8	R	I wish that I had Jessie's girl	Lunge and chest press on a diagonal			
			2x8	Lunge noodle push down		8	L	Like Jessie's girl	Switch front leg			
1:14	C	Bridge 1	4x8	LEG SWEEP OUT (Arms: noodle sweep OPP)		16	R	And I'm looking in the mirror	Sweep opposite directions, toe pointing to the front			
1:44	A	Verse 2	4x8	TRICEP PRESS		1		I play along with the	MUSCLE tricep			
2:14	B	Chorus 2	4x8	LUNGING PUSH DOWN		1	R	I wish that I had	chest			
2:44	C	Bridge 2	4x8	ABDUCTOR SWEEP		1	R	And I'm looking in the	Outer/inner thigh, glutes			
3:12	A	Verse 3	4x8	TRICEP PRESS		1		Jessie is a friend	MOTIVATION "Maybe lower down a little more", quick press			
3:42	B	Chorus 3	4x8	LUNGING PUSH DOWN		1	R	I wish that I had	"Big lunge, Big press"			
4:12	C	Bridge 3	4x8	ABDUCTOR SWEEP		1	R	And I'm looking in the	"Connect the dots in the middle", "play your guitar"			
4:42		Finish		Play your guitar								
V1		C1		B1	V2	C2		B2		V3	C3	B3

Trainer's Notes: Be sure to offer the option for your participants to bring their thumbs on top of the noodle instead of underneath if they suffer from any wrist issues!

Choreography Notes

Track # 7
Track Focus Core
Track Length 4:42
Song Title We Built This City
BPM 130

		Song Part	Count	Movement		Reps	Lead	Music Cue	Verbal Cue								
		Intro	2x8	Prepare in plank, Noodle in hands													
0:16	A	Verse 1	4x8	SLOW MOUNTAIN CLIMB ALT Slow mountain climb		16	R	Say you don't know me	MOVE Slow mountain climb, crunch abdominals with lift								
0:44	B	Bridge 1	4x8	CORE TWIST SSD core twist		16	R	Marconi plays the mambo	Single, single double rebound twist								
1:14	C	Chorus 1	4x8	NOODLE CIRCLE DOWN Noodle circle front and down		16		We built this city	Circle noodle down								
1:44	A	Verse 2	4x8	SLOW MOUNTAIN CLIMB		1	R	Someone's always	MUSCLE Front abdominals								
2:14	B	Bridge 2	4x8	CORE TWIST		1	R	Marconi plays the	obliques								
2:44	C	Chorus 2	4x8	NOODLE CIRCLE DOWN		1		We built this city	Core stabilization, spine tall								
3:12	A	Verse 3	4x8	SLOW MOUNTAIN CLIMB		1	R	Who counts the	MOTIVATION "Climb that mountain"								
3:42	B	Bridge 3	4x8	CORE TWIST		1	R	Marconi plays the	A little more twist, sing along!								
4:19	C	Chorus 3	4x8	NOODLE CIRCLE DOWN		1		We built this city	Bigger circle down								
4:42		Finish		Noodle push down													
V1		B1		C1		V2		B2		C2		V3		B3		C3	

Trainer's Notes: This is an upbeat, "dancey" track, encourage good form on mountain climbers and noodle circle downs!

Choreography Notes

Track # 8
Track Focus Flexibility
Track Length 2:40
Song Title Fire and Rain
BPM 98

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro	2x8	Extend arms, flip palms, prayer	2			
0:11	A	Verse 1	2x8	HAMSTRING AND LIFT Knee lift front, extend, flex foot (7-8), higher float(1,2) higher float(3,4), lower down(5-8)	1	R	Just yesterday morning	MOVE Knee up, send leg out, lift higher, float down
			2x8	Knee lift front, extend, flex foot (7-8), higher float(1,2) higher float(3,4), lower down(5-8)	1	L	I walked out this morning	
0:32	B	Chorus 1	2x8	MOUNTAIN RAIN Mountain(1-4), rain down to goddess(5-8), lunge with extended arms side(1-4) Sun worshipper (5-8)	1	R	I've seen fire	Prayer hands up, rain down, extend out, cartwheel arms back
			2x8	MOUNTAIN RAIN Mountain(1-4), rain down to goddess(5-8), lunge with extended arms side(1-4) Sun worshipper (5-8)	1	L	I've seen lonely times	
0:54	C	Bridge 1	2x8	INTERNAL/EXTERNAL ROTATION Internal/external hip and arms x2 (1-8), Roll wrists and ankles(1-8)	1	R	Been walking my mind	Internal, external rotation, open hip, circle ankles and wrists
			2x8	INTERNAL/EXTERNAL ROTATION Internal/external hip and arms x2 (1-8), Roll wrists and ankles(1-8)	1	L	Well there's hours of time	
1:15	A	Verse 2	4x8	HAMSTRING AND LIFT	1	R	Won't you look down	MUSCLE Hamstring, ankle mobility
1:36	B	Chorus 2	4x8	MOUNTAIN RAIN	1	R	I've seen fire	Chest opener, side body, inner thigh
1:59	C	Bridge 2	4x8	INTERNAL/EXTERNAL ROTATION	1	R	Been walking my	Hip open, chest/back
2:19	B	Chorus 3	4x8	MOUNTAIN RAIN	1	R	I've seen fire	
2:40		Finish		Prayer				
V1		C1		B1	V2	C2	B2	C3

Trainers' Notes: Your class will love this flexibility track! The movements go perfectly with the lyrics of the song to make for a wonderful close to your class!

Choreography Notes

Track# BONUS
Track Focus Flotation
Track Length 4:40
Song Title On The Radio
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue					
		Intro	2x8	Straddle Noodle									
0:16	A	Verse 1	1x8	BREAST STROKE FORWARD Breast stroke x4 TVL F (Arms: Breast stroke)	1		Someone found a letter	MOVE Thumbs up breast stroke forward, moving forward					
			1x8	Fast flutter kicks alternating legs x16 TVL B (Arms: Reverse breast stroke)	1	R	And they told the	Flutter kick, travel back					
			1x8	Breast stroke x4 TVL F (Arms: Breast stroke)	1		It must have fallen						
			1x8	Fast flutter kicks alternating legs x16 TVL B	1	R	The never said your						
0:44	B	Chorus 1	4x8	SUSPENDED CROSS COUNTRY CC suspended	32	R	If you think that love isn't found	Floating cross country, long extension from the hip					
1:14	C	Bridge 1	1x8	FLOATING ARM SWEEP Cross at ankles (Arms: sweep arms R, Center, L, center)	8	R	One the radio, whoa oh oh	Cross at ankle, sweep arms					
1:46	A	Verse 2	4x8	BREAST STROKE FORWARD	1	R	Oh, I was so	MUSCLE Chest, hip flexors, shoulders					
2:14	B	Chorus 2	4x8	SUSPENDED CROSS COUNTRY	1	R	If you think that love	Glutes, quads, hip flexors, chest, back, shoulders					
2:44	C	Bridge 2	4x8	FLOATING ARM SWEEP	1	R	On the radio, whoa	Bicep/tricep,					
3:13	A	Verse 3	4x8	BREAST STROKE FORWARD	1	R	Whoa oh yeah and it	MOTIVATION Chest lifted, move more!					
3:45	B	Chorus 3	4x8	SUSPENDED CROSS COUNTRY	1	R	If you think that love	"Reach your potential!"					
4:29	C	Bridge 3	4x8	FLOATING ARM SWEEP	1	R	On the radio, whoa	"Move with purpose!"					
		Finish		Side sweep									
V1		C1		B1	V2		C2	B2	V3		C3	B3	C4

Trainer's Notes: Keep in mind flotation can be more difficult for some than others or even a bit scary! Offer toes on the bottom to those participants and help them build their confidence through lots of encouragement! Place between tracks 5 and 6 if you choose to use it.

Music Credits



WATERinMOTION® Platinum 14 - YES2183-2

Yes! Fitness Music

Songs Courtesy Of:

You Keep Me Hangin' On ~ Written by: Holland, L. Dozier ; Published by: Stone Agate Music

Your Love ~ Written by: Sprinks ; Published by: Nettwerk One A Music

The Warrior ~ Written by: Knight, Gilder ; Published by: Mike Chapman Enterprise

Don'T Stop Believin' ~ Written by: J. Cain, Perry, N. Schon ; Published by: Lacey Boulevard Music

Dancing ~ Written by: Chapman, Minogue, Mcewan ; Published by: Emi Blackwood Music Inc., Birds With Ears Music

Jessie'S Girl ~ Written by: Springthorpe ; Published by: Universal Music

We Built This City ~ Written by: D. Lambert, Page, B. Taupin, L. Wolf ; Published by: Universal Music, Mgb Songs, Little Mole Music

Fire And Rain ~ Written by: Taylor ; Published by: Country Road Music (Bmi)

On The Radio ~ Written by: G. Moroder, D. Summer ; Published by: Sweet Summer

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