
water in motion®
Platinum
NEVER
give in
wave 25

WATER*in*MOTION® Statement

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	Faith	Galantis, Dolly Parton, Mr. Probz	Warm Up	5:26	126
2	I Second That Emotion	Smokey Robinson & The Miracles	Linear	5:15	130
3	Staying Alive	Bee Gees	Balance	5:17	130
4	Your Song	Elton John	Group	5:15	130
5	Never Gonna Give You Up	Rick Astley	Anchored	5:15	130
6	Macarena	Los Del Rio	Toning	5:18	130
7	The Only Way Is Up	Yazz	Core	4:46	130
8	With Or Without You	U2	Flexibility	4:18	80

*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!

Choreographer: Manuel Velazquez

Education Author: Sara Kooperman

Education Presenter: Sara Kooperman

Music: Yes! Fitness Music®

Presenters: Robin Taylor
Sarah Vandenberg
Ann Gilbert
Cheri Kulp
Manuel Velazquez
Sara Kooperman
Manuel Velazquez

Support Team: Adam Buttacavoli
Mike Leber
Carter Anderson

© 2021 SCW Fitness Education. 151 S. Pfingsten Rd, Deerfield, IL 60015. The choreography, images, and DVD material contained herein are the exclusive property of SCW Fitness Education who reserves all rights to public performance, distribution and licensing. These materials are produced singularly for licensed facilities and certified presenters who maintain licensure and the right to present WATERinMOTION® in their facilities by complying with the terms of the licensure and instructor agreements. Any unauthorized duplication, distribution, broadcasting, public performance, copying or re-recording of this audio and/or visual materials in any manner is strictly prohibited. Not for resale.

Produced exclusively for Water in Motion® by Yes! Fitness Music

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



About WATER*in*MOTION® Platinum



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 5:26
Song Title Faith
BPM 126

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
	Intro	2x8	Jog	16	R		Show rebound
0:16	Verse 1	1x8	RUN Run	16	R	When the road gets hard	**Move:** Lift your knees high or up high Big rebound: land toe, ball, heel
		1x8	Rhythm run 3x hold (Arms double push F open hands)	4	R	I'm never too far	Double push with hands wide open for manual dexterity
		1x8	Run	16	R		Keep those arms in the water
		1x8	Rhythm run 3x hold (Arms double push F open hands)	4	R	I'll be standing there	Try to keep a nice big rebound
0:46	Chorus 1	4x8	JOG HEEL Jog heel (Arms: ALT hand reach wide open, close fist, cross on chest open side)	32	R	Have a little faith in me	Arms cross the chest, make a fist, pull the elbows back and slice your hands down.
1:17	Bridge 1	2x8	SIDE KICKS ALT side karate kicks R/L	16	R	Instrumental	Keep your arms in a chamber for torso stability
		2x8	DBL side karate kicks	8			Kick the leg high or tap it down
1:47	Verse 2	4x8	RUN	1	R	When the road gets	**Muscle:** Abs and chest
2:17	Chorus 2	4x8	JOG HEEL	1	R	Have a little faith in me	Chest, triceps, biceps, gluteal
2:48	Bridge 2	4x8	DOUBLE SIDE KICKS	1	R	Instrumental	Hams, obliques, shoulders
3:18	Verse 3	4x8	RUN	1	R	When the road gets	**Motivation:** Show me white water
3:49	Chorus 3	4x8	JOG HEEL	1	R	Have a little faith in me	Your energy is climbing! Great!
4:19	Bridge 3	4x8	DOUBLE SIDE KICKS	1	R	Instrumental bridge	We are going to make it through!
4:50	Chorus 4	4x8	JOG HEEL	1	R	Have a little faith in me	Are you ready to have faith?
	Finish		Stand tall one hand on chests				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Emphasize to move more water around their bodies as well as the open hand push action to increase manual dexterity. Remind them to maintain a big rebound action throughout the entire track.

Choreography Notes

Track # 2
Track Focus Linear
Track Length 5:15
Song Title I Second That Emotion
BPM 130

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
	Intro	2x8	Run	16	R	Instrumental	Linear focus increasing heart rate
0:16	Verse 1	4x8	RUN & KICK Run x3 hold, karate kick F/B	8	R/L	Maybe you'll wanna give	**Move**: Keep a big rebound and chamber the knee on the kick
0:45	Chorus 1	1x8	ROCKING HORSE Rocking horse TVL F x3, rocking horse x1 kick through	4	R	So, if you feel like givin' me a lifetime of devotion	Travel forward with each rocking horse. The soccer kick is going to change the leg lead.
		1x8	ALT Kick F TVL B x8	8	L	If you feel like givin'	Kick forward as you travel back
		1x8	Rocking horse TVL F x4, rocking horse x1 kick through	4	L	If you feel like givin'	Travel forward again starting on the other side
		1x8	ALT Kick F TVL B x8	8	R	If you feel like givin'	Travel backwards with a high kick
1:15	Bridge 1	4x8	KICK BACK DIAG Kick B DIAG, SS DBL (Arms: double push F)	1	R/L	Instrumental	Arms and legs work in opposition using the diagonal angle
1:45	Verse 2	4x8	RUN & KICK	1	R/L	Maybe you think that	**Muscle**: quads, gluteal, hams
2:14	Chorus 2	4x8	ROCKING HORSE	1	R	So, if you feel like givin'	Chest, shoulders, upper back
2:44	Bridge 2	4x8	KICK BACK DIAG	1	R/L	Instrumental	Chest, lats, obliques, gluteals
3:13	Verse 3	4x8	RUN & KICK	1	R/L	Maybe you'll wanna give	**Motivation**: Remember to chamber
3:43	Chorus 3	4x8	ROCKING HORSE	1	R	So, if you feel like givin'	Can you travel farther?
4:12	Bridge 3	4x8	KICK BACK DIAG	1	R/L	Instrumental	Can I see more turbulence?
4:42	Chorus 4	4x8	ROCKING HORSE	1	R	So, if you feel like givin'	Show me your toes on that kick!!
	Finish						

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Encourage your students to maintain a big rebound action throughout the entire track.

Choreography Notes

Track # 3
Track Focus Balance
Track Length 5:17
Song Title Staying Alive
BPM 130

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
	Intro	2x8	Jog Heel	16	R	Play that funky music	Super fun song
0:16	Verse 1	4x8	JOG HEEL DISCO SS DBL Jog heel (Arms: scoop & rolling)	16	R	Well, you can tell by the way I use my walk	**Move**: Keep the rebound and pump those rolling arms
0:45	Chorus 1	4x8	LEAP & MOGULS Leap x1, moguls x2 L/R, Leap x1, moguls x2 R/L	8	R	Whether you are brother or whether you are moth	Leap and try to stick to that spot before you jump into the moguls
1:15	Bridge 1	4x8	PENDULUMS ALT pendulums R/L	32	R	House music all night long	Bring your feet closer to each other after each leg pendulum
1:44	Verse 2	4x8	JOG HEEL DISCO	1	R	Well you can tell by the	**Muscle**: Hams, biceps, shoulders
2:13	Chorus 2	4x8	LEAP & MOGULS	1	R	Whether you are brother	Notice a big core activation
2:43	Bridge 2	4x8	PENDULUMS	1	R	House music all night	Inner outer thigh engagement
3:13	Verse 3	4x8	JOG HEEL DISCO	1	R	Well you can tell by the	**Motivation**: Channel your disco
3:43	Chorus 3	4x8	LEAP & MOGULS	1	R	Whether you are brother	Make that water come alive!
4:12	Bridge 3	4x8	PENDULUMS	1	R	House music all night	Click those heels together
4:42	Chorus 4	4x8	LEAP & MOGULS	1	R	Whether you are brother	Can you make it a little bigger?
	Finish						

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Every element on this track was designed to provide a balance challenge, throughout the track. Let them know the benefits of using these moves to improve balance and coordination in all 3 planes of movement/action: sagittal, frontal and transverse

Choreography Notes

Track # 4
Track Focus Group
Track Length 5:15
Song Title Your Song
BPM 130

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
	Intro	2x8	Jog to find a partner	16	R	It's a little bit funny	Find a partner, face each other
0:16	Verse 1	4x8	JACKS & JUMP JJ, jump F/B	16		It's a little bit funny this feeling inside	**Move**: Jump closer to each other for a great interaction
0:45	Chorus 1	1x8	LEAP & TUCK JUMP Leap TRVL R x4	4	R	And you can tell everybody, this is your	Face each other but challenge you partner to leap further
		1x8	Power tuck jump x4	4		And you can tell	Big high powerful jump challenge
		1x8	Leap TRVL R x4,	4	L	And you can tell	Change direction
		1x8	Power tuck jump x4	4		And you can tell every	Big high powerful jump challenge
1:15	Bridge 1	4x8	RUN AROUND Run around, find new partner	32	R	Instrumental	Pick up your feet! Create white water and more turbulence
1:44	Verse 2	4x8	JACKS & JUMP	1		I sat on the roof and kick	**Muscle**: inner/outer thigh
2:15	Chorus 2	4x8	LEAP & TUCK JUMP	1	R	And you can tell	Medial gluteals, abs
2:44	Bridge 2	4x8	RUN AROUND	1	R	Instrumental	Quads and hamstrings
3:13	Verse 3	4x8	JACKS & JUMP	1		It's a little bit funny this	**Motivation**: Be a strong mover
3:42	Chorus 3	4x8	LEAP & TUCK JUMP	1	R	And you can tell	Can you get closer to one another?
4:12	Bridge 3	4x8	RUN AROUND	1	R	Instrumental	Who hasn't connected yet?
4:45	Chorus 4	4x8	LEAP & TUCK JUMP	1	R	And you can tell	Leap even higher this time!
	Finish						

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Encourage students to cover more surface area every time they move around the pool, for more fun and to add more challenge.

Choreography Notes

Track # 5
Track Focus Anchored
Track Length 5:15
Song Title Never Gonna Give You Up
BPM 130

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
	Intro	2x8	Neutral Position			Oooooo…	Anchored down
0:16	Verse 1	4x8	TAP SIDE CROSS Tap side, cross front, tap side, feet together R/L (Arms: move opposite)	16	R/L	We're no strangers to love, you know the rules	**Move**: Lower yourself to anchored down you body. Keep an extended torso with shoulders down.
0:45	Chorus 1	4x8	ROCKETTE KICKS ALT High front kicks	32	R	Never going to give you up	Reach for your toes as you show that big rebound.
1:14	Bridge 1	4x8	POWER POSE JUMPING JACKS **NEUROPLASTICITY DRILL*** Affirmations for Empowerment: I am Strong! – STRONG I AM! I am Love! – LOVE AM I!	32	R	Instrumental	Show your strong arms with your bicep curls
1:44	Verse 2	4x8	TAP SIDE CROSS	1	R/L	We've know each other	**Muscle**: Abs, obliques, shoulders
2:13	Chorus 2	4x8	ROCKETTE KICKS	1	R	Never going to give you	Quads, abs
2:44	Bridge 2	4x8	POWER POSE JUMPING JACKS	1	R	Instrumental	Inner / outer thigh
3:13	Verse 3	4x8	TAP SIDE CROSS	1	R/L	We're no strangers to	**Motivation**: Looking powerful!
3:44	Chorus 3	4x8	ROCKETTE KICKS	1	R	Never going to give you	Great brain challenge!
4:17	Bridge 3	4x8	POWER POSE JUMPING JACKS	1	R	Instrumental	Have fun with the moves!
4:40	Chorus 4	4x8	ROCKETTE KICKS	1	R	Never going to give you	Great energy!
	Finish						

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Be sure your students understand the double purpose of the track: 1: Anchored with a firm, stable body with a lot of core-control. 2. The neuroplasticity drill for brain health and fun.

Choreography Notes

Track # 6
Track Focus Toning
Track Length 5:18
Song Title Macarena
BPM 130

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
	Intro	2x8	Stand tall, prepare to begin, barre inspired			Instrumental	Set one knee up and elbows bent
0:17	Verse 1	1x8	ARMS & LEGS WORK Knee flex R, flick kick F x8, Triceps press	8	R	Macarena suena con El	**Move**: Keep a strong extended torso and plantarflex your fot
		1x8	Knee flex L, flick kick F x8, Triceps press	8	L	Macarena suena con El	Shoulders down away from ears
		1x8	Knee flex R ham curl x8, biceps curls	8	R	Macarena suena con El	Bring your heel closer to gluteals
		1x8	Knee flex L ham curl x8, biceps curls	8	L	Macarena tiene un	You can open or close your hands
0:44	Chorus 1	1x8	SHOULDER CUFFS Neutral stance (Arms: ALT horizontal paddle R/L x3 hold x3, big sweep around R)	8	R	Dale a tu cuerpo alegria, Macarena	Shoulders down and elbows close to your ribcage
		1x8	Neutral stance (Arms: ALT horizontal paddle R/L x3 hold x3, big sweep around L)	8	L	Dale a tu cuerpo slegria, Macarena	Wide stance with good hip control and stability
		1x8	Neutral stance (Arms: ALT horizontal paddle R/L x3 hold x3, big sweep around R)	8	R	Dale a tu cuerpo slegria, Macarena	Try to perform a sharp, strong move
		1x8	Neutral stance (Arms: ALT horizontal paddle R/L x3 hold x3, big sweep around L)	8	L	Macarena, Macarena, Macarena…	Try to create as much turbulence as possible
1:14	Bridge 1	2x8	CHEST & BACK, Chest fly, lunge R	8	R	Instrumental	Play with the range of motion of your arms
		2x8	Breaststroke, thumbs up, lunge L	8	L		Thumbs up on the Breaststroke
1:44	Verse 2	4x8	ARMS & LEGS WORK	1	R	Macarena suena con El	**Muscle**: quads, tricep, hams, bicep
2:14	Chorus 2	4x8	SHOULDER CUFFS	1	R	Dale a tu cuerpo	Shoulders and core stability
2:43	Bridge 2	4x8	CHEST & BACK	1	L	Instrumental	Chest, rear delts and upper back
3:13	Verse 3	4x8	ARMS & LEGS WORK	1	R	Macarena suena con El	**Motivation**: Can you kick harder?
3:42	Chorus 3	4x8	SHOULDER CUFFS	1	R	Dale a tu cuerpo	Great alignment & strong form
4:12	Bridge 3	4x8	CHEST & BACK	1	L	Instrumental	Let's finish with a big strong Splash!
	Finish						

V1	C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Important to maintain a "chamber" torso-hip to help stabilize THEIR torso, as they move arms and legs. On the chorus, remind them to keep their shoulders down and away from their ears. Show variations of long AND short levers for the bridge segment.

Choreography Notes

Track # 7
Track Focus Core
Track Length 4:46
Song Title The Only Way Is Up
BPM 130

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
	Intro	2x8	Getting into position			Instrumental	Ebows in, shoulders down, tall chest
0:16	Verse 1	4x8	ZOMBIE WALK Walk F x2 R/L, walk B x2 L/R (Arms: paddle cross over F leg)	16	R	We've been broken down	**Move**: Take two stomp steps forward and two stomp steps back. Stay grounded or anchored
1:15	Bridge 1	1x8	CROSS COUNTRY SKI CC Ski neutral	8	R	(hold on) hold on	Try to stay neutral with shoulders under the water
		1x8	CC Ski suspended	8	R	(hold on) hold on	Feet up away from the floor
		1x8	CC Ski neutral	8	R	(hold on) hold on	Open your hips with each CC
		1x8	CC Ski suspended	8	R	(hold on) hold on	Fight that suspension, tall torso
0:47	Chorus 1	4x8	DIAMOND TUCK Diamond tuck x2, Alt In-step sweep R/L x2	8	R	The only way is up, baby, for you and me	Try to flex or curl the torso as your feet come up in the diamond tuck
1:49	Verse 2	4x8	ZOMBIE WALK	1	R	Now we may not know	**Muscle**: shoulders, obliques
2:50	Bridge 2	4x8	CROSS COUNTRY SKI	1	R	(hold on) hold on	Abs, obliques, quads, hams
2:19	Chorus 2	4x8	DIAMOND TUCK	1	R	The only way is up,	Lower abs, inner thigh, gluteals
3:21	Verse 3	4x8	ZOMBIE WALK	1	R	We've been broken	**Motivation**: I can see your strength!
4:24	Bridge 3	4x8	CROSS COUNTRY SKI	1	R	(hold on) hold on	Hold on to your core! Stay strong!
	Chorus 3	4x8	DIAMOND TUCK	1	R	The only way is up,	Stay up with your energy! Yes!
	Finish	1x1					

V1	B1	C1	V2	B2	C2	V3	B3	C3

Trainer's Tip: The Zombie Walk has to be performed in a "short, sharp" manner, for the best core training effect. They should keep a long torso extension and avoid excessive flexion, in addition to the hip flexion. However, for the chorus, there is a mild "curl-crunch" torso flexion with the diamond tuck.

Choreography Notes

Track # 8
Track Focus Flexibility
Track Length 4:18
Song Title With Or Without You
BPM 80

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		2x8	Sway side to side		R	Instrumental	Gentle sway
0:13	Verse 1	1x8	STANDING BALANCE Leg ABD L, cross midline, open L x2 (Arms: paddle opposite to leg)	1	R	See the stone set in your eyes	**Move**: Reach arms opposite to legs. You can tap your toes on the floor or keep the leg elevated.
		1x8	Quad stretch to dancer (Arms: reach F)	1	R	I'll wait for you	Option to grab the ankle or not
		1x8	Leg ABD L, cross midline, open R x2 (Arms: paddle opposite to leg)	1	L	Sleight of hand and	Play with the range of motion that suits you the best.
		1x8	Quad stretch to dancer (Arms: reach F)	1	L	And I wait without you	Leaning forward is always optional
0:35	Chorus 1	1x8	HIP ROTATION Hip rotation knee in/out x2, (Arms: wave opposite to leg)	2	R	With or without you	Internal and external rotation to release tension on the hip
		1x8	Figure 4 hold R (Arms: open/close)	1	R	With or without you	Sit lower for a bigger sensation
		1x8	Hip rotation knee in/out x2, (Arms: wave opposite to leg)	1	L	With or without you	Play with the range of motion
		1x8	Figure 4 hold R (Arms: open/close)	1	L	With or without you	Sit lower for a bigger sensation
0:55	Bridge 1	1x8	LUNGE WARRIOR CALF STRETCH Lunge W1 calf stretch L (Arms: overhead, lean R)	1	R	Oh, oh, oh, oohh	Try to press your back heel against the floor
		1x8	Torso flex, knee tuck to chest, hamstring stretch, open torso chest stretches.	1	R	Oh, oh, oh, oohh	Gentle torso lateral flexion one arm reaching over head
		1x8	Lunge W1 calf stretch L (Arms: overhead, lean R)	1	L	And you give yourself	Try to press you back heel against the floor
		1x8	Torso flex, knee tuck to chest, hamstring stretch, open torso chest stretch	1	L	And you give and you	Gentle torso lateral flexion one arm reaching over head
1:18	Verse 2	4x8	STANDING BALANCE	1	R	See the stone set in	**Muscle**: Hip flexors, quads
2:11	Chorus 2	4x8	HIP ROTATION	1	R	With or without you	Open hip and periformis and gluteal
1:38	Bridge 2	4x8	LUNGE WARRIOR CALF STRETCH	1	R	Oh, oh, oh, oohh	Calf stretch, hamstring, chest, abs
2:25	Verse 3	4x8	STANDING BALANCE	1	R	See the stone set in	**Motivation**: Can you move bigger?

Choreography Notes

2:37	Chorus 3	4x8	HIP ROTATION	1	R	With or without you	Let your hips get open!
2:47	Bridge 3	4x8	LUNGE WARRIOR CALF STRETCH	1	R	Oh, oh, oh, oohh	Great form and posture everybody!
3:27	Chorus 4	4x8	HIP ROTATION	1	R	With or without you	We are here! We are present!
	Finish		Wide Stance Arms Open Down				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Try to perform the moves as smooth, fluid and dynamic as possible. Enjoy the flow.

Music Credits

WATERinMOTION® Platinum 25 - YES2239
Yes! Fitness Music

Songs Courtesy Of:

Faith ~ Written by: D. Parton, Postma, Rodriguez, Jonback, N. Saint, Karlsson, Aukstikalnis, De Fluiter, Hiatt, Zammarelli ; Published by: These Are Songs Of Pulse, Warner Bros Inc

Your Song ~ Written by: E. John, B. Taupin ; Published by: Universal Songs Of Polygram International

Stayin' Alive ~ Written by: B. Gibb, M. Gibb, R. Gibb ; Published by: Crompton Songs, Gibb Brothers Music

I Second That Emotion ~ Written by: Robinson, Cleveland ; Published by: Jobete Music

Never Gonna Give You Up ~ Written by: Stock, Aitken, Waterman ; Published by: All Boys Music

Macarena ~ Written by: A. Romero Monge, R. Ruiz ; Published by: Discorama S.L.

The Only Way Is Up ~ Written by: Henderson, Jackson ; Published by: Peer Music

With Or Without You ~ Written by: L. Mullen, A. Clayton, Bono, Hewson, B. Evans ; Published by: Universal Music

All Recordings Property of THE SAIFAM GROUP under license to Yes! Fitness Music

© 2021 SCW Fitness Education
151 S. Pfingsten Rd.
Deerfield, IL 60015.

The choreography, images, and DVD material contained herein are the exclusive property of SCW Fitness Education who reserves all rights to public performance, distribution and licensing. These materials are produced singularly for licensed facilities and certified presenters who maintain licensure and the right to present WATERinMOTION® in their facilities by complying with the terms of the licensure and instructor agreements. Any unauthorized duplication, distribution, broadcasting, public performance, copying or re-recording of this audio and/or visual materials in any manner is strictly prohibited. Not for resale.

All Recordings Property of THE SAIFAM GROUP under license to Yes! Fitness Music