

water *in* **motion**
The new wave in aqua exercise

“ ”

IN THEIR OWN WORDS

“The program has created a wonderful buzz in the club and brings a new element to water exercise. We launched the program with a superhero themed event and had a great turnout! It was about triple our regular attendance. Everyone said it was a lot of fun and something they would love to do again! It was fantastic to have an event that focused on our pool. Everybody ignores our pool and it is so expensive to maintain and run. We finally feel that we have a great program that will grow and retain members of all demographics! At last, we feel like we are using the huge investment that we made!”

Danita Watkins - Group Fitness Instructor
Gold's Gym, St. Charles, Missouri
danitawatkins@yahoo.com // 636-233-4941

“I wanted to let you know I think member responses to WATERinMOTION® are amazing!!! I have been teaming with Amelia at Mesa and Gilbert at 9am and several members have said they really like WATERinMOTION®, have a lot of fun and that this is the first time they have actually been sore from an aqua class. I see more smiling faces and people singing along, which is awesome! One lady stopped Amelia and me today to let us know she LOVES the class and inquired about more WATERinMOTION® classes at Gilbert (she would like to come more often for WATERinMOTION®). I told her we are hoping to add more to the schedule in the upcoming months so keep a look out :)”

Melissa Reddinger - Group Operations Director
Fitness Works, Arizona
Chandler, Gilbert, Glendale, and Mesa Locations
Gfm.chandler@fitnessworks.com // 480-413-1111

“I've been a land instructor for over 16 years. Transitioning to the water a few years ago was challenging to say the least. It was difficult to find good music and I spent a lot of time searching for and planning choreography. Once I began WATERinMOTION®, it literally transformed my classes and myself as an aquatic instructor! The music is phenomenal and the choreography is outstanding. I'm able to focus on why I became an instructor - to motivate, inspire and educate my participants to affect their health and fitness in a positive way! WATERinMOTION® attracts a more diverse population - old, young, even men! The Center is taking in more revenue and my Director is ecstatic. WATERinMOTION® is the key that has unleashed my potential to run the best aqua program available!”

Judy Specht - Veteran Fitness Instructor
LakeView Rec Plex, Kenosha, WI // 262-995-5136



To learn more or to license
WATERinMOTION® please email us at:
water@scwfitness.com

www.WATERinMOTION.com • 877.729.3488

