



waterinmotion® Platinum

Growing with a
Booming Population

Approved By
SilverSneakers®

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waterinmotion® Platinum

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WATERinMOTION® Platinum supplies safe, effective and fun classes that understand and address the specific needs of your 65+ and/or deconditioned clients.

Who Should Attend?

WATERinMOTION® Platinum addresses the specific needs of the 65+ age group and/or deconditioned individuals looking for a fun, social, and safe environment to work out and get healthy. WATERinMOTION® Platinum uses slower beats and longer repetitions set to recognizable music that is easy to memorize and enjoyable to sing along to. WATERinMOTION® Platinum was created to address the lack of exercise programming specifically designed to address the needs of those 65 years and older.



www.WATERinMOTION.com
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What is WATERinMOTION® 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.

Setting the Standard for Water Fitness

WATERinMOTION® Platinum offers the benefit of a healthy and social workout without the pull that gravity plays on the body. Join us for safe, fun, effective classes with new music and choreography refreshed every 3 months!



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Key Areas of Focus

WATERinMOTION® Platinum challenges aging and deconditioned participants in both body and mind while giving them a sense of well-being and belonging. Here are some key areas of focus that set WATERinMOTION® Platinum apart:

- Integrated hand movements address the loss of manual dexterity—recommended by the Arthritis Foundation
- Slower and smoother transitions ensure that participants have time to follow along
- Explosive movements where appropriate help maintain fast twitch muscle fibers
- Cardio segments help maintain slow twitch muscle fibers
- Flexibility training addresses the loss of plantar and dorsi flexion in feet
- Focus on scapular retraction and depression combats rounded back posture

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Class Format

Warm-up

This class opens with large, simple cardio moves to gradually prepare the body and mind for what's to come.

Linear Cardio

Gradually increase range of motion and introduce traveling forward and back to enhance cardiovascular challenge.

Balance

Dynamic balance challenges.

Group

Get into the swing of things with a fantastic variety of team building exercises to enhance the group dynamics of this water pool party!

Anchored

Resistance training.

Toning

Upper or Lower Body or both.

Core

Tone and tighten your middle section with exercise you never imagined could do the job so effectively and creatively.

Flexibility

In a beautiful closing to our buoyant workout, drop down a gear to focus on mobility and flexibility featuring the large muscle groups leaving you refreshed and rejuvenated.

Bonus Track

