

## **AQUATIC Workshops**

### **Aqua Anthology**

This is the ultimate collection of water fitness moves. From jogging to jacks and everything in between, experience over 60 exercises to jump start your aquatic classes and your aquatic career. Exercises are organized into 6 categories, making it easy to find, select and create patterns without leaving any exercise out. This “pool” of water exercises is a must for any aqua instructor new to teaching.

*Equipment needs: None*

### **Anchored Down, Power Up**

Explore aqua patterns through all five working positions to create endless choreography options. Anchor Down to the bottom of the pool and work your way to Power Up out of the pool. From seniors to athletes, this class will give you cardio challenges to meet the needs of all of your aquatic classes

*Equipment needs: none*

### **Kicks, Jacks, Skis: Revisit and Revive**

Although we cannot reinvent the aquatic wheel, we can rejuvenate these classic aquatic cardio moves with a new way of thinking. Sequencing, body position, arm patterns, and rhythmic changes can help you put energy back into these timeless exercises for a refreshing new look and feel. With 6 new and interchangeable movement patterns, this is a revival that can't be missed.

*Equipment needs: None*

### **Advanced Aqua Intervals**

Take your interval training to the next level with alternating segments of moderate intensity cardio moves and high intensity power moves. This advanced program takes the intensity to the max with more complex moves, variations, and options.

*Equipment needs: None*

### **PUMP! H2O Style**

Explore in depth, the true capabilities of resistance training in the water. Focus is on defining multiple exercises for all major muscle groups, building muscle combinations that work in the water, and implementing proper use of water properties. Take home two complete workouts that will help you rethink the way you plan your strength training class segments.

*Equipment needs: 1 set of buoys, 1 noodle per person*

### **Webbed-n-Wild**

Webbed gloves are all you need to unleash your aquatic energy. Gloves increase the surface area of your hands, giving you the ability to push and pull more water, which means a higher caloric burning and efficient workout. Experience how gloves can create an energetic class when utilized during upper body combos, cardio and suspended patterns.

*Equipment needs: 1 pair webbed gloves per person*

### **Tribalicious Aqua Fitness**

Stephanie's signature land class goes hydro! Experience this creative world dance inspired class, with a focus on freedom of expression and giving in to your unique way of moving. Strong, vibrant movement patterns combined with the rhythmic beats will lift your spirits, and invigorate your mind, body, and soul.

*Equipment needs: None*

### **Triple Play the Aqua Way \*New for 2010\***

The simplicity of the triple play format makes this class effective and fun! A non-stop 10 minute cycle of moderate cardio, followed by lower body and upper body segments is the sure fire aqua way to total body conditioning.

*Equipment needs: None*

### **Pointe`, Plie`, and Power Ballet**

Not a ballerina? You will be after you experience this fusion class of graceful ballet exercises and traditional aqua movements. Easy to follow ballet sequences are turned into power aquatic movements for balance, strength and intensity challenges. Practice the Pointe, add the Plie, and finish up with Power for a truly unique way to experience water exercise.

*Equipment needs: None*

### **The Water Warrior Workout \*New for 2010\***

A fusion of fierce aquatic kickboxing punches and kicks followed by calm and focused martial arts inspired patterns that challenge strength and stability. This interval class format is designed to bring a balance of intense work and active recovery. Find your inner fighter and your inner goddess.

*Equipment needs: None*

### **Aquatic Deep Zones \*New for 2010\***

Explore the zones of the deep water: strength, endurance, steady state, and aerobic/anaerobic intervals.

Experience how each zone individually, or combined together can create a solid total body workout, all while reaping the benefits of training in the deep aquatic environment.

*Equipment needs: deep water belt, 1 pair of buoys, 1 noodle, per person*