



What will WATERinMOTION do for me?

WATERinMOTION offers the benefit of a high energy calorie burning workout without the pull that gravity plays on the body. Experience the cross-training effects that water provides reducing the impact on your joints, specifically the knees and back.

Retains all the general health benefits of regular exercise: weight loss, improved mobility, heart health, reduced risk of chronic illness, enhanced energy levels, improved posture, etc.

Relieves pressure from the spine and joints facilitating exercise for unique populations.

Reduces impact and creates less soreness than land based exercise.

Requires little or no prior experience for participants to feel comfortable and have a great workout experience.

Who is WATERinMOTION for?

Anyone who has been given the go-ahead from their physician to begin a fitness program after an injury or to start a workout regiment for the first time.

Perfect for a land-based exerciser wanting to cross-train in a lower impact environment while maintaining a high-intensity workout.

Older Adults can enjoy WATERinMOTION along with all younger participants and workout at their own pace without the distractions of mirrors.

How fit do I need to be to do WATERinMOTION?

First-timers do not need to be fit-just physically active and able to move freely.

How often should people do WATERinMOTION?

There is no prescribed frequency. SCW Fitness Education suggests two to five times a week, in conjunction with other physical activity maintaining one day a week for active rest.

What do I need to wear or bring?

Whatever you would wear to your local pool! Aqua shoes are suggested, but not required. Also bring some drinking water and a towel.