

# AQUATICS

## F I T N E S S



**AQUABODY**  
**AQUABIKE**

**AQUACYM**  
**AQUACOMBAT**

**unlock**  
the ultimate aquatic  
fitness experience!

# new benefits in your health club

## Best Exercises to Get in Shape

**AQUABODY** **AQUABIKE** **AQUACOMBAT**

- ✓ Cardio training to burn from 400 to 700 calories in just 45 minutes
- ✓ High-intensity
- ✓ Full-body workout
- ✓ Cellulite elimination (Aquabike)
- ✓ Avoid high-impact related injuries
- ✓ No pain, no soreness
- ✓ Heal the body through movement (Aquabike rehab)
- ✓ Boost immunity with cool water
- ✓ Stop overheating



capture **15%+** new customers

Welcome to a new era of fitness with **AQUATICS**, where we bring you the latest revolution in aquatic fitness classes. Recognized as the new standard in Europe and trusted by fitness enthusiasts, our programs are designed to provide a smart, effective, and painless **Way to Get in Shape**.

# AQUATICS

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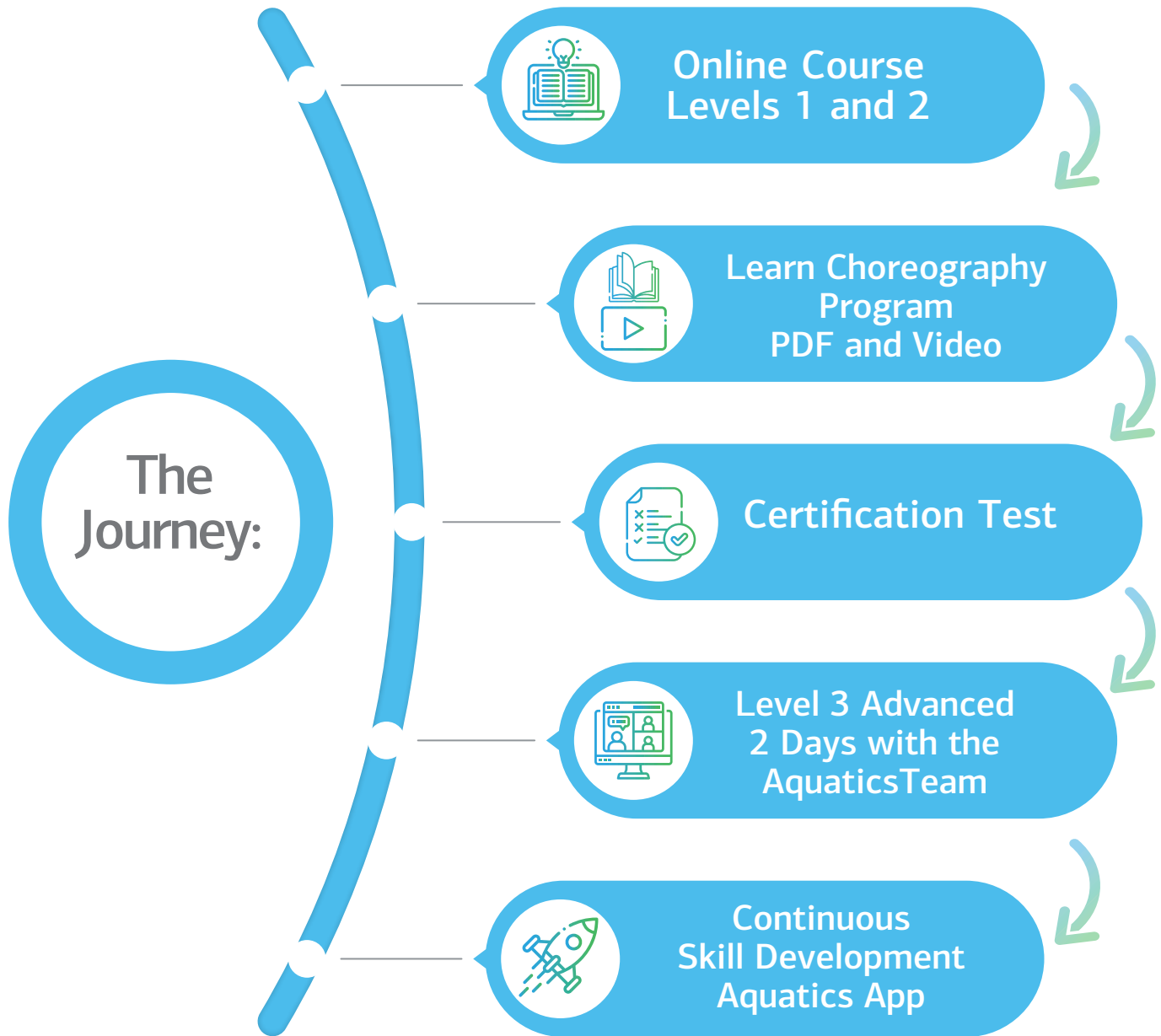
- **Aquatics App**  
Aquatics Program Choreography  
Music by WORKOUT MAN and  
Match Program Experience



- **Trainer Certification**  
Online Course Success Program  
Smart Training Course



# smart instructor



## Join the Aquatic Fitness Revolution

Empower your trainers with our comprehensive tools and resources,  
Equip them to transform your swimming pool into a state-of-the-art fitness center  
and elevate the training experience for your members.

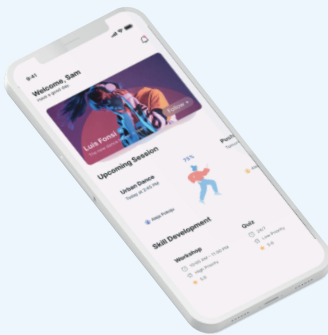




# own the future



## Skill and Choreographies ON-DEMAND



### ON-DEMAND Features:

- ✓ Choreographies
- ✓ Skill Development and Social Media
- ✓ Program On-Demand & Music: 6 to 12 week cycles
- ✓ 45-Minute Program
- ✓ Albums by WORKOUT MAN: Copyright
- ✓ Preselection Match Music Experience
- ✓ Downloadable Program Structure
- ✓ Video Tutorials for Choreographies
- ✓ Trainer Support (Assistance)

## Certification Levels



### Levels 1 and 2 online

- ✓ Aquabike, Aquacombat, and Aquabody Benefits
- ✓ Learn Equipment Devices
- ✓ Clients Motivation
- ✓ Coaching Tools
- ✓ Timing Choreography
- ✓ Clients Advice
- ✓ Personalized Exercises
- ✓ Security and Safety
- ✓ Certification Trainer
- ✓ Life Guard Certification Status

### Workshop - Level 3 (In-person)

- ✓ 2-Day workshop training in-person with Team Aquatics

# plug&play

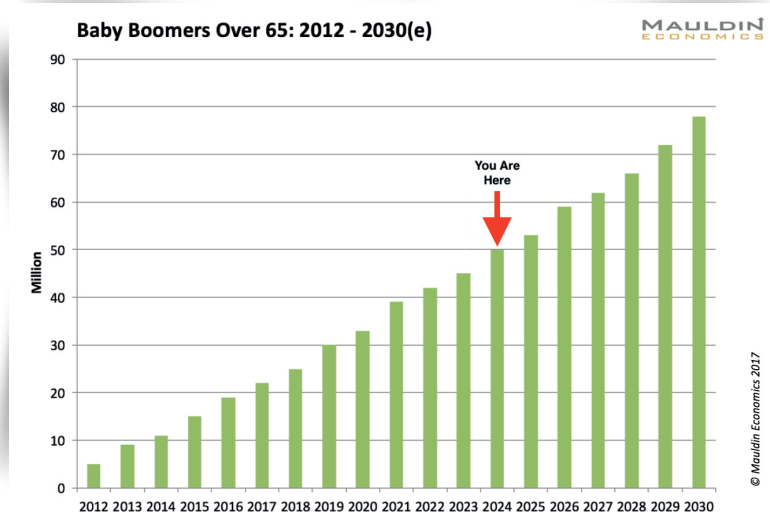


- ✔ Smart Workout
- ✔ New Attention
- ✔ New Experience
- ✔ Surprise Your Clients
- ✔ Premium Workout
- ✔ Competitive Edge
- ✔ New Customers
- ✔ New Memberships
- ✔ Upgrade Membership
- ✔ Fast ROI

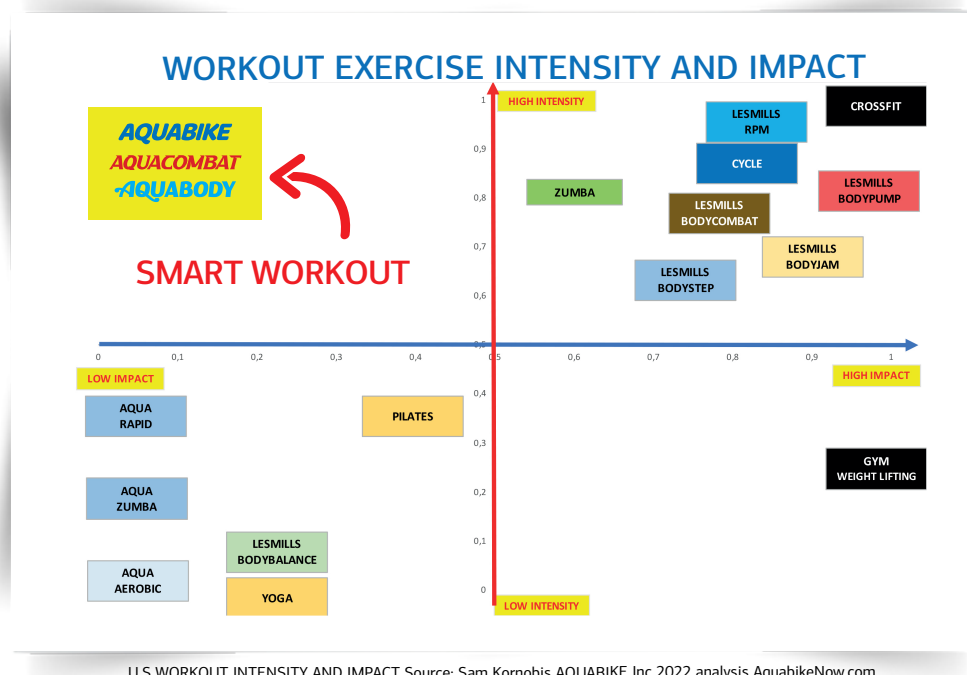


# don't be **left** behind

By 2030, 60% of the population will be Boomers and Generation X.  
This demographic shift presents a growing market opportunity, with the demand for low-impact, effective fitness solutions projected to increase by 15%



a new era of workout...  
and it's **pain free!**



# attract **new** members



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# aquaticsfitness

