



* AQUA



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B1K ★ Strictly Ball-Room

KERRI PARKINSON

Take it easy and glide your way through the liquid ballroom! Adapting strong core actions with fluid movement, use the ball as your partner to assist and resist you in this totally rhythmic and fluid workout. Take home a session that really challenges balance, stability and core strength and gives your participants food for thought on the connection between their mind and body. **MC S**

B1L ★ Wet force

MARIETTA MEHANNI

Want to spice up your deep water class? In this master class Marietta mixes dumbbells and noodles with the latest equipment to explore ranges of movement, changes in tempo and interesting exercise combinations that will keep you and your participants inspired for months. Comprehensive notes are also provided so that you can enjoy the experience without worrying about writing it all down! **MC D**

B2K ★ Punch and pirouette

KAYLA DUKE AND NAOMI LING

Experience dynamic water workouts using martial art/boxing moves, and the grace and beauty of aqua ballet. In this fantastic duo session Naomi translates martial art/boxing moves to the aqua environment, while Kayla teaches basic ballet techniques and routines by adapting Pilates concepts to the pool. Discover fun and innovative ways to work your participants hard while making them feel like true performers! **MC S**

B2L ★ Take a dip in the deep!

DI CLAPP

Use water's dynamic properties while alternating between high and low intensity to break through training plateaus and really challenge your aqua clients. Di shows you how to manipulate time and intensity variables to target power, strength and aerobic ability in this fantastic, practical take home session. **MC D**

B3K ★ Smiling hands and floating feet!

MARIETTA MEHANNI

Want to explore different ways to move in water? Experience the versatility of the Smile Hand and Ankle Float equipment for both shallow and suspended moves. Ever popular presenter Marietta demonstrates how to spice up any aqua session and challenge regular participant's fitness and strength levels. Dive into this creative session and swim away with loads of new ideas! **MC S**

B3L ★ Deep differences!

JENNY MERRICK AND KATHY HOLEWA

Oh what a feeling with DEEP DIFFERENCES! Deep water innovators Jenny and Kathy unite to deliver exciting and challenging new aqua workouts. Presenting you with a multitude of formats, Jenny shows you that deep water running really doesn't have to be boring! Kathy then takes you through a variety of deeply different water exercises, both with and without equipment, to take home and add to your aqua classes. **MC D**



Session codes: MC – Master Class, S – Shallow water, D – Deep water