

AQUA ROCK FITNESS®

**Welcome
To The
Fastest
45 Minutes
In Fitness!**

Forget What You Know About Water Exercise!

Aqua Rock Fitness® can include everyone as well as challenge everyone.

Aqua Rock can bring the same calorie burn as a land-based class without any of the jarring moves, joint impacts, or strain.

An average calorie burn is 300 to 400 calories in a 45-minute class.

Aqua Rock routines use water resistance and aqua bells to create an intense, plyometric, you-fighting-the-water experience.

Forget What You Know About Fitness Brands!

Aqua Rock Fitness® offers all the benefits of a traditional fitness brand.

- **Instructor certification training classes.**
- **Continuing education credits (4 CUs).**
- **Online instructor training rounds curriculum.**
- **Marketing and advertising resources.**

All without monthly certification fees or re-certifications.

No Monthly Certification Fees!

**In-person and virtual certification classes are available.
No re-certifications required.**

Our three instructor packages offer ready access to the instructor training rounds curriculum videos, and class notes. The three options are as follows.

1. A one time purchase \$850.00

This includes:

- **Certification/Training Class.**
- **24 Instructor Training Rounds.**

2. A one time purchase of \$550.00

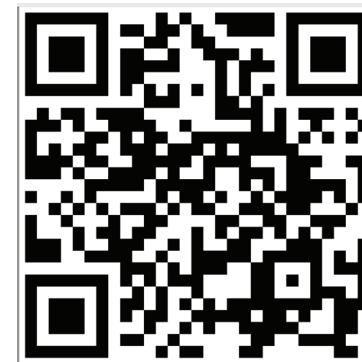
This includes:

- **Certification/Training Class.**
- **12 instructor training rounds.**
- **Additional rounds may be purchased for \$30 each.**

3. A one time purchase of \$350.00

This includes:

- **Certification/Training Class.**
- **The first 3 instructor training rounds.**
- **Additional rounds may be purchased for \$30 each.**



Scan the QR code for website and contact information.

Our instructor certification classes offer Continuing Education Credits through these partnerships!



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