

AQUA ROCK FITNESS®

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



Forget What You Know About Water Exercise!

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

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

We have tracked calorie burns of 300 to 400 calories in a 45 minute class.

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

If you can keep your head above 3 to 4 feet of water (including accommodations or assistance), you can enjoy an Aqua Rock class.

Mobility issues are not an issue in the water environment of Aqua Rock.

Aqua Rock has the take it to your level (and then just a little more) approach to our classes.

Your class can begin at any level of fitness, with lots of room to improve.

No Monthly Certification Fees!

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

Our 3 instructor packages offer ready access to the 24 instructor training videos, and class notes.

The 3 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 Ala-carte for \$30 each.

3. A one time purchase of \$350.

This includes.

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



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



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