

# SATURDAY, JUNE 25

Exclusive Aqua Exercise Event  
Streaming Live on ZOOM

<b>WaterinMOTION® CERTIFICATION</b> Cheri Kulp 10:00am-6:00pm ET • \$129 water motion		<b>ACTIVE AGING CERTIFICATION</b> Ann Gilbert 10:00am-6:00pm ET • \$129 SCW	
<b>AQUA EXERCISE CERTIFICATION</b> Jeff Howard 10:00am-6:00pm ET • \$129 SCW		<b>AQUA BARRE CERTIFICATION</b> Rosie Malaghan 10:00am-2:00pm ET • \$129 SCW	

		<b>A HIIT</b>	<b>B ACTIVE AGING / MIND BODY</b>
<b>SA1</b>	9:00am-10:15am EST 8:00am-9:15am CST 6:00am-7:15am PST	Ab Arsenal Gilbert	Swim Up Barre Malaghan
<b>SA2</b>	10:35am-11:50am EST 9:35am- 10:50am CST 7:35am-8:50am PST	Hydro Lift Off! Howard	Aqua Ease: Flexibility for Active Agers Velazquez
<b>SA3</b>	12:10pm-1:25pm EST 11:10am-12:25pm CST 9:10am-10:25am PST	Progressive Aqua VIIT Malaghan	Front & Center Gilbert
<b>LUNCH BREAK - 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PST</b>			
<b>SA4</b>	2:25pm - 3:40pm EST 1:25pm - 2:40pm CST 11:25am - 12:40pm PST	HIIT the Wall Gilbert	Aqua Yoga Barre Wartenberg
<b>SA5</b>	4:00pm- 5:15pm EST 3:00pm - 4:15pm CST 1:00pm - 2:15pm PST	Aqua HIIT & Run Velazquez	H2O Strength Through the Ages Kulp
<b>SA6</b>	5:35pm - 6:50pm EST 4:35pm - 5:50pm CST 2:35pm - 3:50pm PST	Mix-Match Aqua Moves to the Max Howard	Water Choreo & Knee Adaptation Velazquez

		<b>C H2O STRENGTH &amp; STRETCH</b>	<b>D GX &amp; PROGRAMMING</b>	<b>E PRE-RECORDED</b>	
	Aquatic Total Body Conditioning Dziubinski	Oceans Deep Pinkowski	Aqua Core Senior Style Kulp		<b>SA1</b>
	Barracuda Booty Kulp	Aquatic Programming for Success: The Ebbs & Flows Kooperman	Aqua Running & Conditioning Wartenberg		<b>SA2</b>
	Liquid Levels Pinkowski	New Trends in Aquatic Exercise Panel Kooperman, Dziubinski, Howard & Velazquez	Tab-Aqua Quickies Howard		<b>SA3</b>
<b>LUNCH BREAK - 1:25pm-2:25pm EST • 12:25pm-1:25pm CST • 10:25am-11:25am PST</b>					
	Splish Splash Calorie Smash Malaghan	Aqua Zumba™ Disco! Bostic	Aqua Fluid Core Fusion Velazquez		<b>SA4</b>
	AB-solute Strength! Henry	Cheeks for Weeks Gilbert	H2O - Cue, Pace, Resist Dziubinski		<b>SA5</b>
	Power to the Pool Dziubinski	Rising Tides Kulp	HIIT the Pool Running Gilbert		<b>SA6</b>