

**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 with out any of the jarring impacts, or joint strain.**

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

We have tracked calorie burns of 300, 400, and 700 calories in a 45 minute class.

**Aqua Rock can Include everyone *and* challenge everyone.**

If you can keep your head above 3 to 4 feet of water, 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. Begin at a safe level with a lot of room to personally improve.

All of the rounds and moves have an easier modification.



# AQUA ROCK FITNESS®

## Become an Aqua Rock Fitness® Instructor!

### **What you get:**

- 1. In person training includes an actual Aqua Rock class where you will experience the workout technique first hand. Virtual class options are also available.**
- 2. Four hours of training to give you the knowledge and technique to get you teaching as soon as possible.**
- 3. Introduction and use of Aqua Rock's instructor training resources on the website.**
- 4. Monthly updated class rounds.**

### **Costs:**

**Certification classes are a one time fee of \$200.  
Monthly membership fees are \$20.**

**Monthly fees are the mandatory charges required to keep your certification active. The \$20 per month fee gives you continuous access to the instructor training resources on the Aqua Rock Fitness® website.**



**Scan our QR code to find [aquarockfitness.net](http://aquarockfitness.net)  
Sign up for a training, or contact us with any questions  
at (701) 805-6370 or email [mark@aquarockfitness.net](mailto:mark@aquarockfitness.net)**