



NEW

HYDROHEX FITNESS CLASS DESCRIPTIONS

Hydrohex is a new concept for aqua fitness, where the classes are presented virtually from a screen on the poolside.

Hydrohex currently has four class types to offer:

Hydrohex **CARDIO**, Hydrohex **POWER**, Hydrohex **MOVE**, and Hydrohex **BEAT**.

Each class type includes the main 45-minute classes. For each main class, there are also two shortened 30-minute versions that focus on a particular aspect of the class.

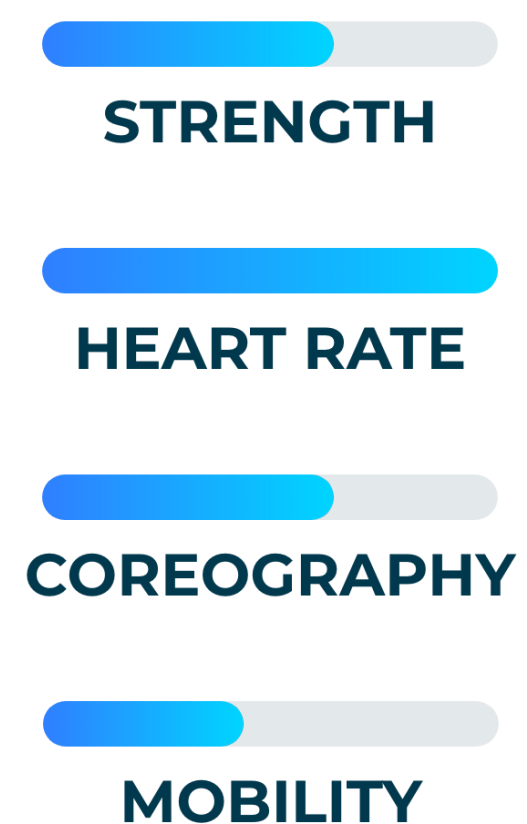
For example, Hydrohex **POWER** includes **POWER 1**, **POWER 2** and **POWER 3**, all 45 minutes. Additionally, for example, Hydrohex **POWER 2** is further split into **POWER 2 #circuit** and **POWER 2 #challenge**, both around 30 minutes.

HYDROHEX CARDIO

Hydrohex CARDIO exists to improve your cardiovascular endurance, class after class. An interval influenced workout for those of you searching for heart-rate elevating challenges, Hydrohex CARDIO will lead you through engaging and athletic combos set to inspiring music with energizing coaching.

In addition to improving your general fitness via running, jumping and strength combined moves, Hydrohex CARDIO is a fast way to get lean and toned, and the overall fun of the class will make it an easy habit to repeat again and again!

The class is available in its full 45-minute format and in two 30-minute focused formats, each with a different focus: #athletic combining the high intensity blocks to push one's limits and #tone bringing more attention to maintaining muscular strength and toning.



CARDIO CLASS FORMATS

CARDIO Full Class 45min

1. Warm-up
2. Agility
3. Heart rate peak 1
4. Core
5. Combat
6. Interval
7. Heart rate peak 2
8. Cooldown

CARDIO #athletic 30min

Focus on maximal endurance training with high heart rate:

1. Warm-up
2. Agility
3. Heart rate peak
4. Interval
5. All out

CARDIO #tone 30min

Focus on toning and muscular endurance & activation:

1. Warm-up
2. Agility
3. Core
4. Combat
5. Interval

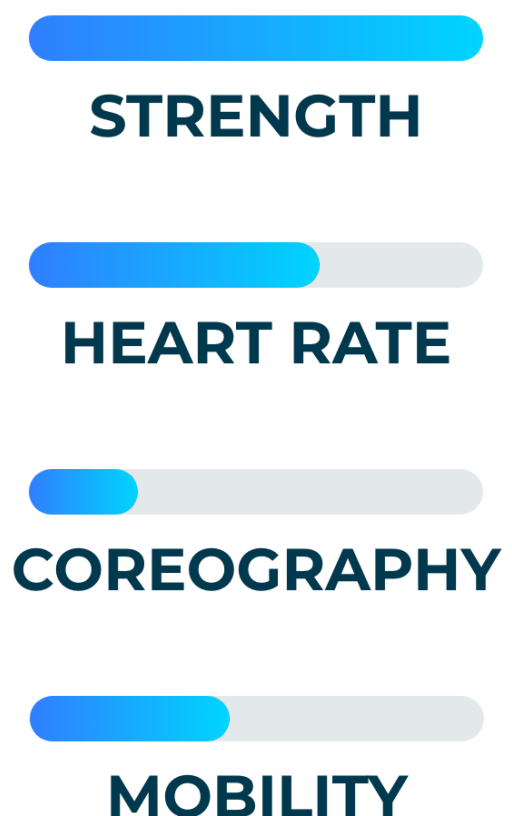
HYDROHEX POWER

Hydrohex POWER is your go to class for full body muscular strengthening and shaping with the full benefits of an aquatic environment.

Ideal for those looking to concentrate on pure doing without the stress of difficult choreographies. The class includes circuit-sections that invite you to push, pull and fight the water against a stopwatch encouraged by up-beat music, as well as clear cardio sections to keep your heart rate elevated.

Hydrohex POWER movements can easily be varied and dialled up or down as needed, ensuring that everyone can find the perfect level of resistance in the water and leave the pool feeling stronger than ever!

The class is available in its full 45-minute format and in two 30-minute focused formats, each with a different focus: #circuit concentrating on simple and efficient resistance training, and #challenge emphasizing the cardiovascular training.



POWER CLASS FORMATS

POWER Full Class 45min

1. Warm-up
2. Coordination
3. Heart rate elevation 1
4. 1st circuit block
5. 2nd circuit block
6. 3rd circuit block
7. Heart rate elevation 2
8. Core
9. Cooldown

POWER #circuit 30min

- Focus on muscular strengthening with the circuit-blocks as the main course:
1. Warm-up
 2. Coordination
 3. 1st circuit block
 4. 2nd circuit block
 5. 3rd circuit block
 6. Cooldown

POWER #challenge 30min

- Focus on heart rate elevation and muscular endurance:
1. Warm-up
 2. Coordination
 3. Heart rate elevation 1
 4. Heart rate elevation 2
 5. Core
 6. Cooldown

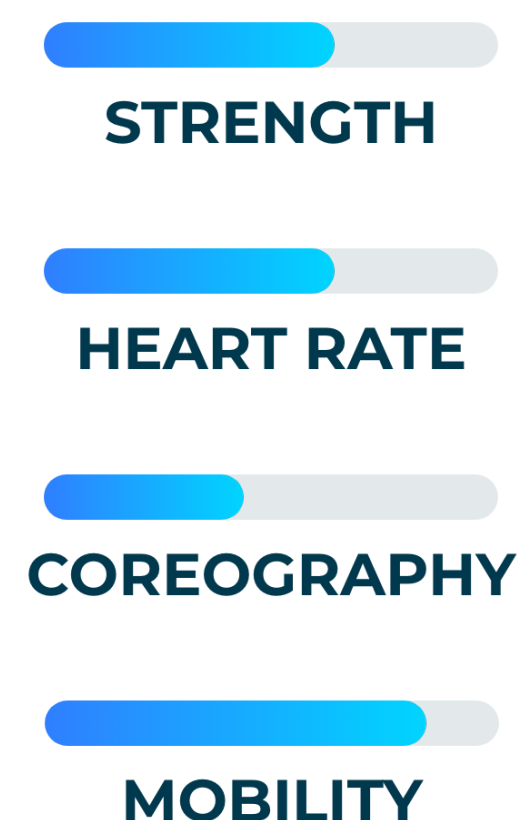
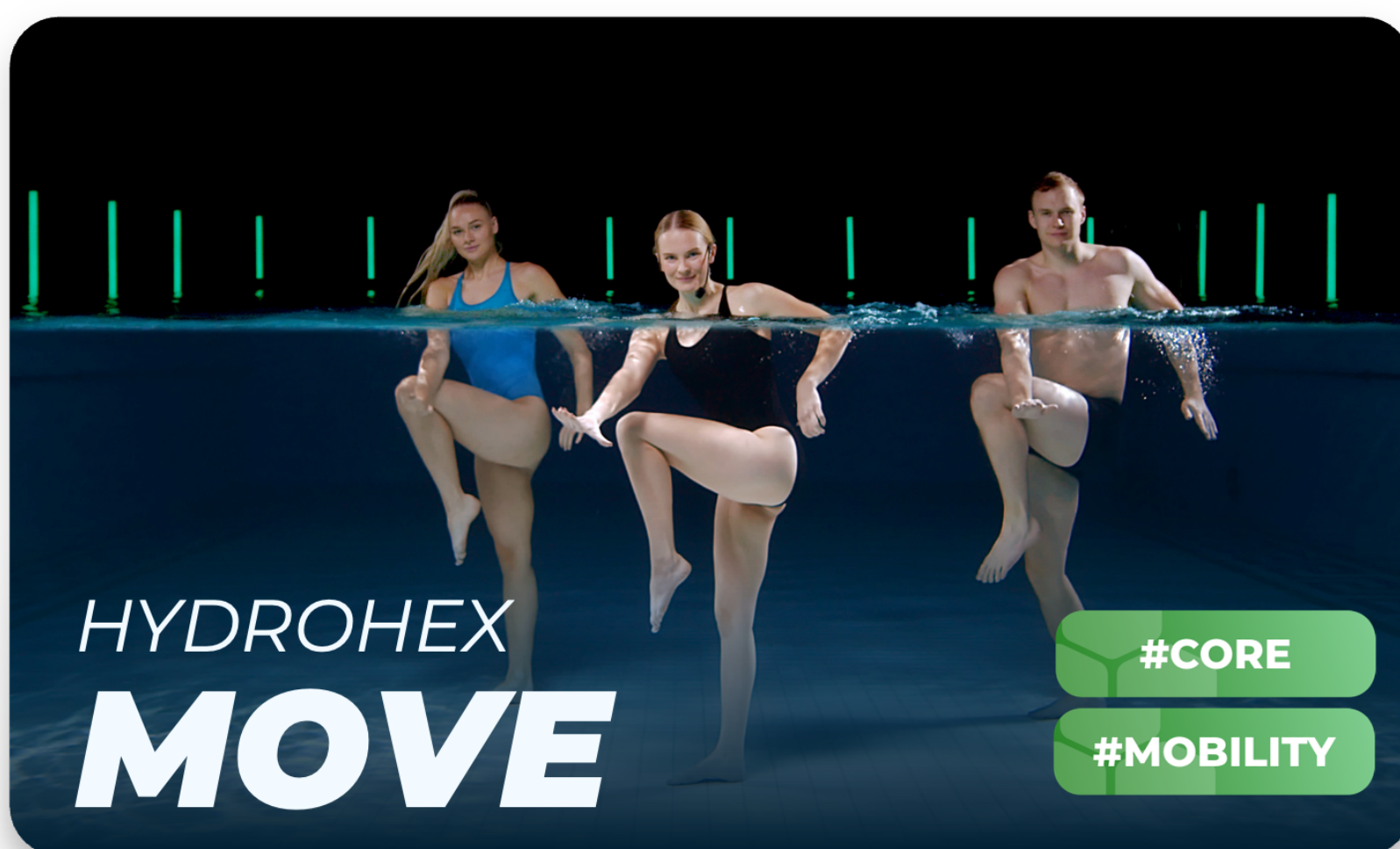
HYDROHEX MOVE

Hydrohex MOVE is the traditional water workout, which enhances cardio, core strength and mobility via dynamic moves and the support of the water.

MOVE gives you the option of moving at your own level and with a range of variations, giving you the keys to success at your own pace with the rhythm of the music – or not!

The feeling of vitality and energy makes this a perfect recovery workout when performed at an easier intensity, or a good workout at a higher level of intensity.

The class is available in its full 45-minute format and in two 30-minute focused formats, each with a different emphasis: #core concentrating on improved posture and core stability, and #mobility enhancing the range of movement in a safe way, while maintaining and improving your cardiovascular fitness!



MOVE CLASS FORMATS

MOVE Full Class 45min

1. Warm-up
2. Dynamic core
3. Aerobic
4. Strength & mobility
5. Floating core
6. Aerobic
7. Strength & mobility
8. Cooldown

MOVE #core 30min

Focus on dynamic core control and posture, energizing:

1. Warm-up
2. Dynamic core
3. Aerobic
4. Floating core
5. Aerobic

MOVE #mobility 30min

Focus on heart rate elevation and muscular endurance:

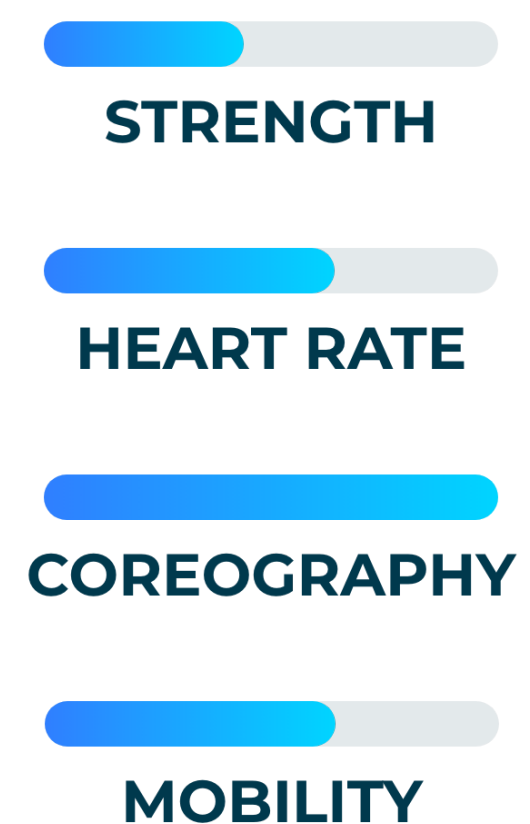
1. Warm-up
2. Aerobic
3. Strength & mobility
4. Aerobic
5. Strength & mobility

HYDROHEX BEAT

Hydrohex BEAT is the perfect combination of fun, rhythm and fitness training!

This energy lifting dance-like class invites you to step up and shine with different styles and movements: during the class you will build choreographies for you to vibe with, as well as doing broad, energizing movements to make you feel confident and composed.

The class is available in its full 45-minute format and in two 30-minute focused formats, each with a different emphasis: #stepup building an energetic heart-elevating choreography, and #shine focusing on alignments, posture and proud feeling.



BEAT CLASS FORMATS

BEAT Full Class 45min

1. Warm-up
2. Grooving & vibing
3. Shine build-up 1
4. Shine build-up 2
5. Celebrate & shine
6. Step-up build-up 1
7. Step-up build-up 2
8. Celebrate & step-up
9. Cooldown

BEAT #shine 30min

Shine like a star with long alignments and proud feeling:

1. Warm-up
2. Grooving & vibing
3. Shine build-up 1
4. Shine build-up 2
5. Celebrate & shine
6. Cooldown

BEAT #stepup 30min

Step up to the beat and feel the rhythm:

1. Warm-up
2. Grooving & vibing
3. Step-up build-up 1
4. Step-up build-up 2
5. Celebrate & step-up
6. Cooldown