

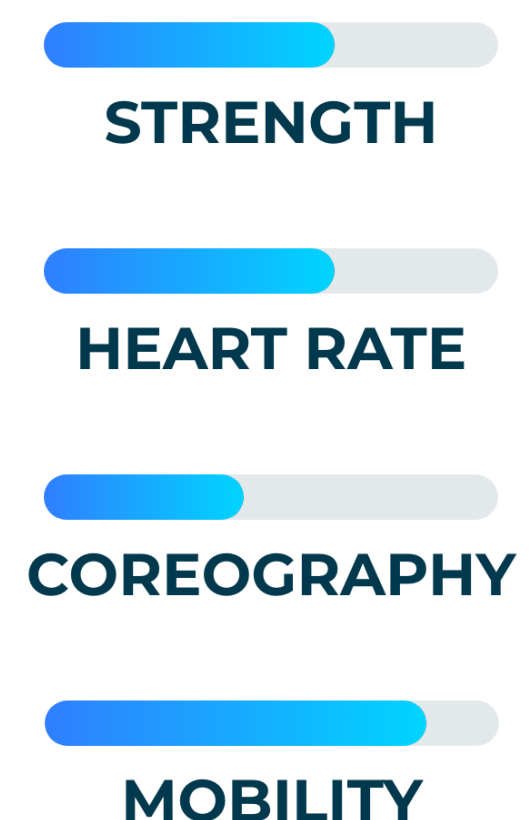
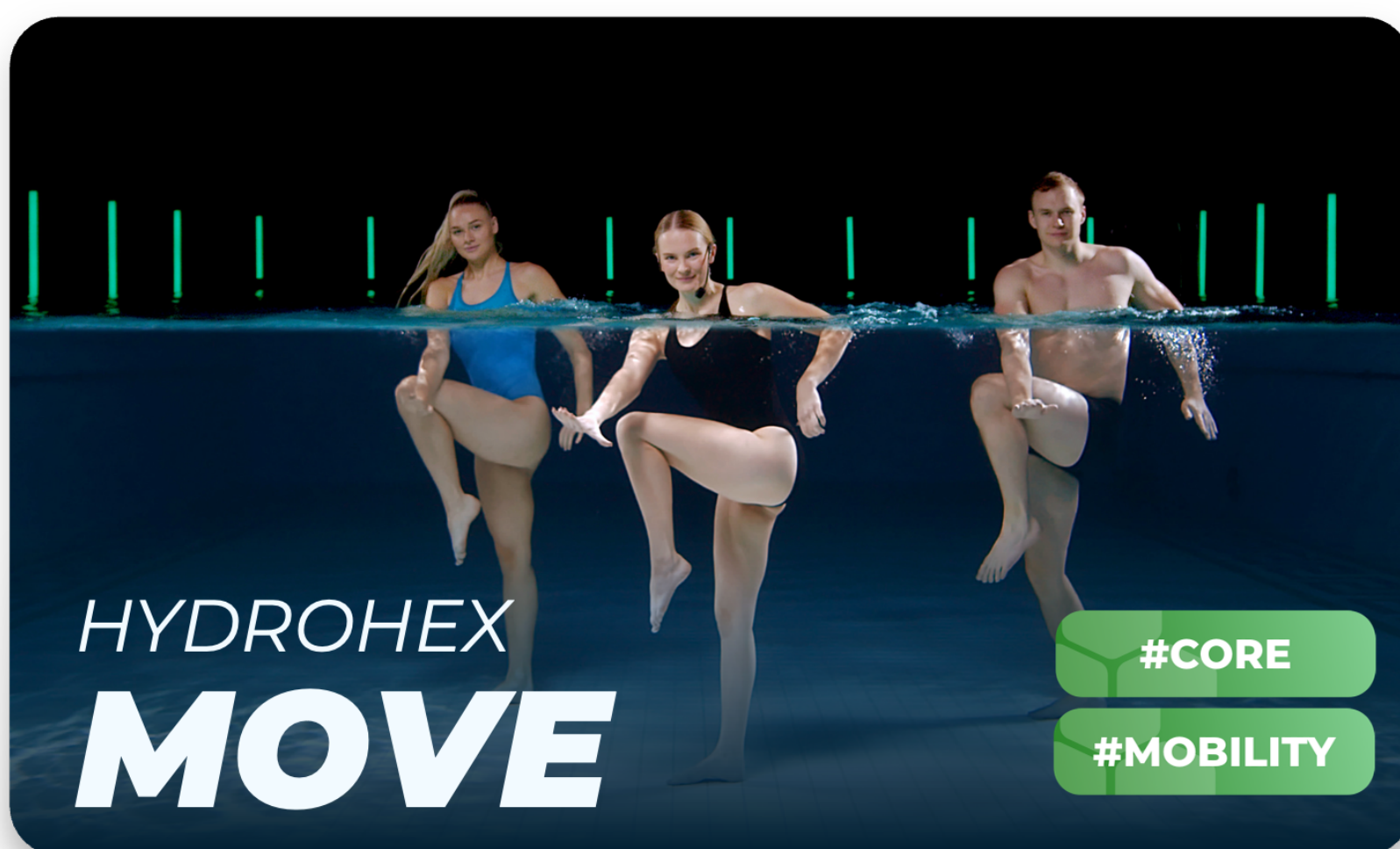
HYDROHEX MOVE

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