



## USING WATER TO TRANSFORM FITNESS

CHALLENGING, EFFECTIVE AND FUN!





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# about the AquaBase

**The original floating fitness mat. Invented in the UK.**

**A challenging and low impact platform for exercise. Use inside or outside.**

The AquaBase is portable, tough and inflatable - easy to store inflated or deflated. It can be used in the open air, on a lake or inside in a pool. FloatFit classes are starting all the time from Scotland to South America

The AquaBase can inflate to a surprising level of rigidity and can take up to 160kg/350 pounds of weight! Handled and transported with ease

### Details

- 👉 Made from durable PVC fabric
- 👉 Resistant to abrasion, tears and punctures
- 👉 Extremely lightweight and easy to store
- 👉 The rigidity is surprising – rigid as a surfboard
- 👉 Bespoke tethering system

### Specifications

- 👉 **Dimensions:** Inflated: 225cm x 90cm/Deflated: 90cm x 22cm
- 👉 **Inflate to:** 10 PSI / 0.7 Bar
- 👉 **Weight:** 8kg
- 👉 **Weight limit:** 160 KG / 25 Stone

### Warranty

- 👉 Covered by a one year warranty. Subject to terms and conditions





# benefits

Use for group classes or one-to-one training.

- 👉 The perfect platform for exercising
- 👉 Effective and challenging
- 👉 Gain flexibility, stability and strength
  
- 👉 Pairs of muscles must work equally
- 👉 Discover any muscle imbalance instantly
- 👉 Strengthen muscle weakness effectively

Enormous fun!



# FloatFit

## bringing fun back to exercise

**FloatFit classes are 30 minutes - all on water! Away from congested studios.**

Increase Your Results with:

### FloatFit HIIT

A high intensity class including lunges, mountain climbers and burpees on water

### FloatFit YOGA

Merging breath and movement to strengthen the body and mind

### The benefits

- 👉 These low impact classes give a fun full body workout
- 👉 The continual movement of water requires both the core and concentration to work together adding strength to the intricate stabilising muscles that prevent dislocation. These important muscle fibres are often unused in other exercise classes
- 👉 Participants don't know they are working hard until they wake up the following morning!
- 👉 Making the most of the instability of water using the full length of the AquaBase to maximum effect - constantly working your muscles to stay balanced and the mind to focus.
- 👉 Effective for everyone from inactive to energetic!





# classes at your pool or even outside!

**FloatFit classes can be run in any pool from boutique hotels to leisure centres**  
**Classes are running at pools around the world from Scotland to New York.**

## Timetable the FloatFit Class

- 🦶🦶 FloatFit class: 30 minutes
- 🦶🦶 Set-up: 10 minutes
- 🦶🦶 Close-down: 5 minutes
- 🦶🦶 We recommend running 2 classes back-to-back

## Set-up

- 🦶🦶 We will recommend the best tethering system based on the dimensions of your pool
- 🦶🦶 Our tethering system normally attaches to lane line hooks. Alternatively we can supply suction pads



# AquaBase around the world in 54 countries!







## FloatFit training at your facility

**We will send one of our FloatFit experts to run training at your facility.**

On a one day course learn how to run FloatFit classes anywhere. Face-to-face learning with one of our FloatFit Experts. Maximum of 10 instructors

### Cost

👉 Prices available on request – dependent on location

### What you need:

- 👉 **Recognised:** Group Exercise, Yoga or Pilates Qualification
- 👉 The equipment to run a FloatFit class

### Training consists of:

- 👉 Master Class taken by our FloatFit Expert
- 👉 Theory and Practical Learning
- 👉 Educational Training Manual and Resources
- 👉 Instructional Images and Videos
- 👉 Multiple Choice Exam
- 👉 Practical Assessment

### Length of course:

- 👉 1 day / Approximately 8 hours to complete the course

## FloatFit training days hosted by our experts

**We host our own training days at locations around the world - please enquire into your closest location.**

On a one day course learn how to run FloatFit classes anywhere. Face-to-Face learning with one of our FloatFit Experts

### Cost

👉 £210 / US \$265 / €249 per person

### What you need:

- 👉 **Recognised:** Group Exercise, Yoga or Pilates Qualification

### Training consists of:

- 👉 Master Class taken by our FloatFit Expert
- 👉 Theory and Practical Learning
- 👉 Educational Training Manual and Resources
- 👉 Instructional Images and Videos
- 👉 Multiple Choice Exam
- 👉 Practical Assessment

### Length of course:

- 👉 1 day / Approximately 8 hours to complete the course



# online FloatFit instructor training

**Our Online Training can be taken from any location around the world.**

A virtual e-Learning tool to transform fitness professionals into world class FloatFit Instructors

**Cost**

👉 US \$349 per person (other currencies available upon request)

**What you need:**

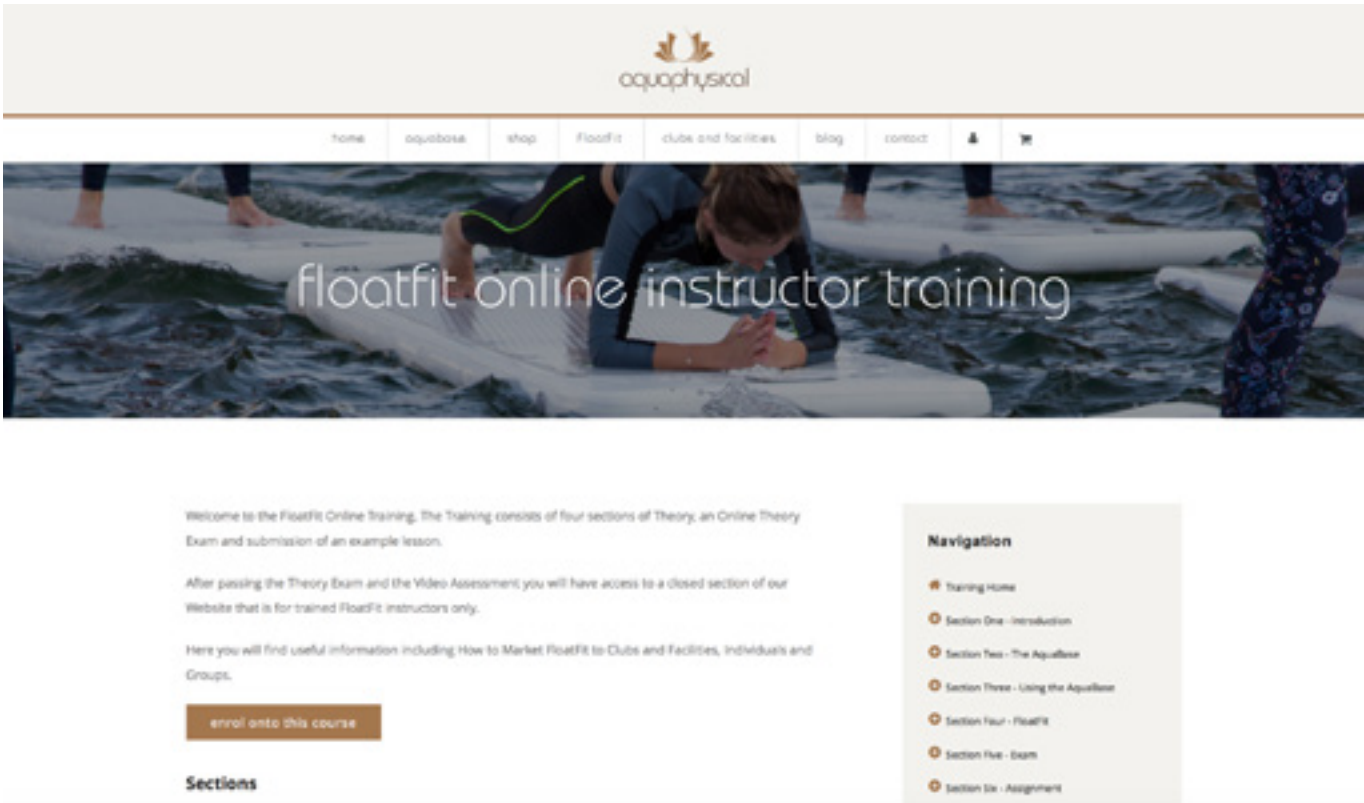
- 👉 **Recognised:** Personal Training, Yoga or Pilates Qualification
- 👉 Access to at least one AquaBase

**Training consists of:**

- 👉 Theory and Practical Learning
- 👉 Educational Training Manual and Resources
- 👉 Multiple Choice Exam
- 👉 Video Assessment

**Length of course:**

👉 Approximately 12 hours to complete the course (theory and practical)





# ongoing support

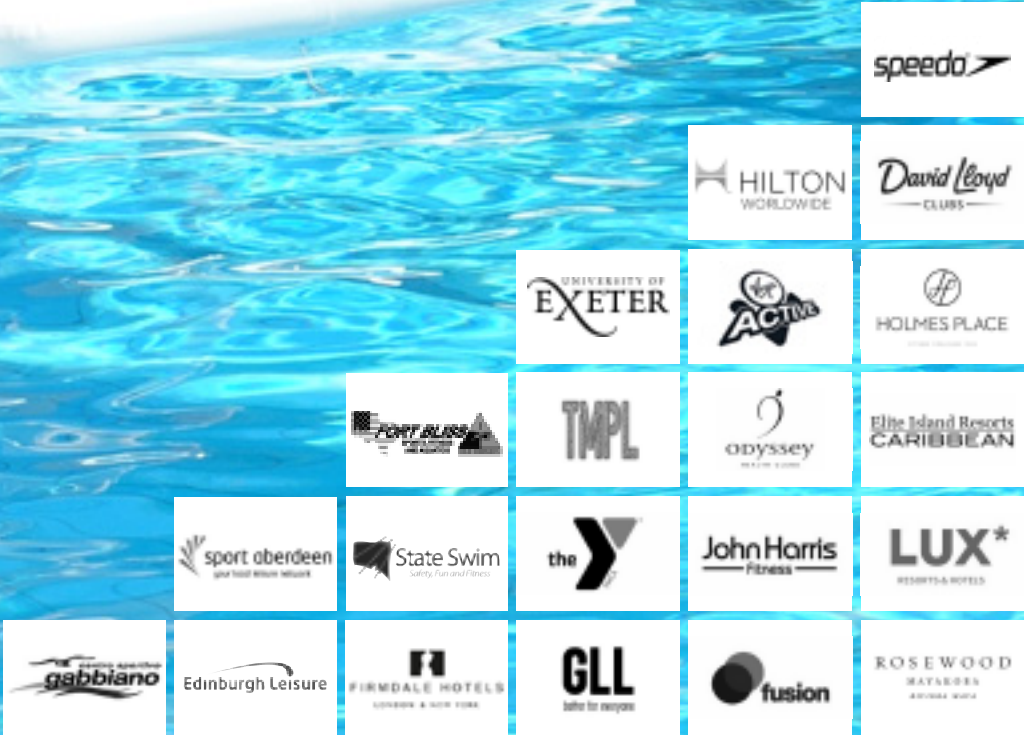
All clubs and certified instructors will have access to our Online Portal.

This will include:

- 🏊 Ongoing Marketing Support and Materials
- 🏊 New Class Programmes
- 🏊 Instructional Videos and Images
- 🏊 Online Exercise Library
- 🏊 Access to our 'Class Finder'. Add your FloatFit class times, locations and photos
- 🏊 Unlimited email and phone support



# working with





in the media...

Switch up the lengths and take your fitness to a new level with AquaPhysical --- AquaPhysical is a global fitness trend --- FloatFit is the sport that we all want to do now! --- FloatFit went viral in 2016 – exercising while balancing on water is set to be the fitness trend of 2017 --- Aside from torching calories the biggest benefit to floating your fitness is how it works your stabiliser muscles. Go on take the plunge! --- It's a brilliant way to get fit while topping up the tan and having a giggle! --- Expect to get hooked on FloatFit. These pool classes are set to eclipse the indoor class scene with a long-awaited makeover --- Beat the heat and feel the burn with this celeb-approved pool-based class --- It's been an intense half an hour due to the unpredictability of water and I've used muscles I wouldn't normally have used had this HIIT session been on land. The next day my core ached like crazy and two days later it still hurt --- I must have worked a good few muscles because, the next morning, I'm hobbling around like, well, someone who's spent half-an-hour exercising every muscle in her body --- Simple movements such as sit-ups have become wildly arduous tasks. The next morning everything aches. That's a good thing --- The latest fitness craze to take over London --- The next day my arms and shoulders ached, proving just how hard I had worked. All in all this was a really fun experience and a great workout



...and our clubs love us too!

When we saw what AquaPhysical were doing we immediately got in touch to see if we could work together as it was such an unique, forward thinking way to exercise on the water! Their AquaBase are of the highest quality and we haven't met anybody yet who didn't love their FloatFit class! A joy to work with and we have created some really exciting stuff together!"

SPEEDO International

Movement on the AquaBase elevates fitness to an entirely new level. A complete body work out that incorporates strength, stretch, core, balance, alignment, bodyweight and barefoot training all at once."

Holmes Place, Vienna

FloatFit is a great way to engage our customers and an exciting addition to our fitness programme; the class impressively attracts the gym user as well as swimmers to participate. The AquaBase boards successfully attracts the attention of our onlookers, to see 20 Aquabase in action, fab!"

London Aquatics Centre, Olympic Park







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