



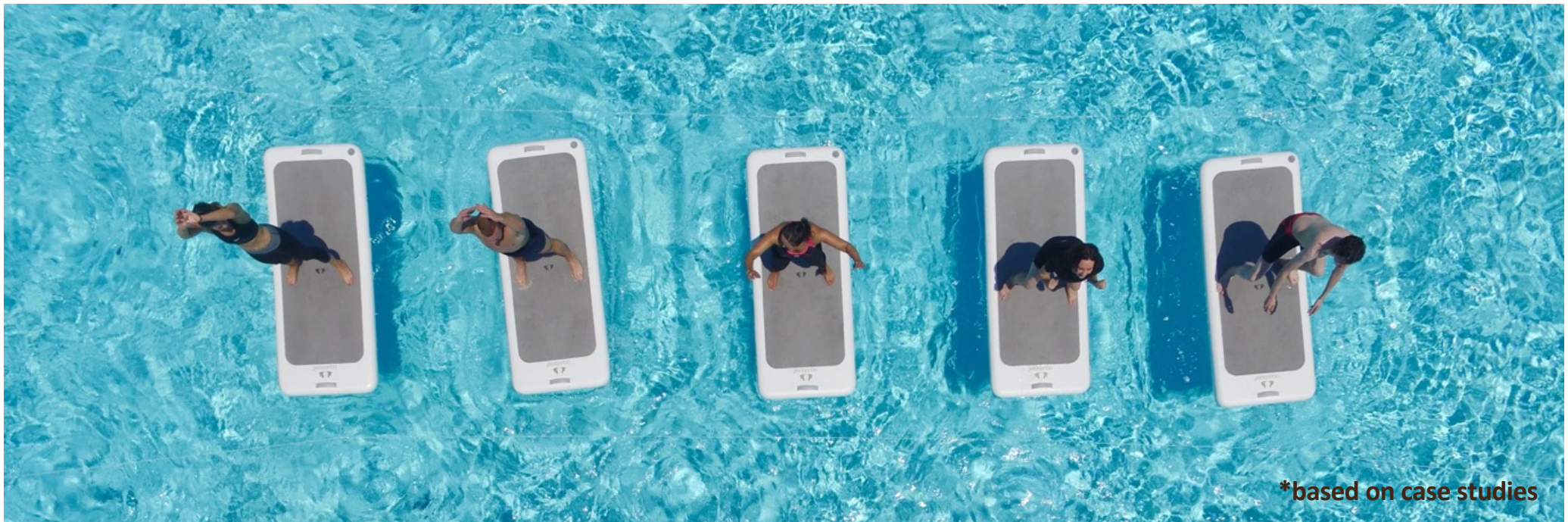
aquaphysical  
FLOATFIT

# floatfit – group exercise programme



A 30 minute group exercise class ON WATER using the world's first floating exercise mat, the AquaBase

- proven return on investment in 12 months or less\*
- requires no studio space
- unique exercise concept
- caters for all abilities



\*based on case studies

# why aquaphysical?



Award winning British innovation



All-in-one solution\*\*



2 year warranty\*



Internationally accredited instructor certification



Trusted by Major International Partners

FloatFit experts tailor each package specifically based on pool size, budget and necessary revenue generation

# floatfit – programmes



floatfit  
**HIIT**

### The original high intensity interval workout.

A 30 minute full body class. Includes squats, mountain climbers and lunges.

FloatFit HIIT Classes provide levels of difficulty to suit all abilities.



Burn Calories



Build Muscular Strength



Improve Balance



Have Fun



High Energy



Burn 360 Calories



floatfit  
**BALANCE**

### Inspired by Yoga and Pilates.

30 minutes designed to boost mental wellbeing and challenge balance.

Participants improve body imbalances and strengthen core stability.



Increase Flexibility



Build General Fitness



Improve Mental Wellbeing



Enhance Core Stability



Low Energy



Burn 275 Calories



floatfit  
**GROW**

### Fun and fitness ON WATER.

An action-packed class designed to motivate children to stay active and maintain a happy, healthy lifestyle.

Recommended for 10+ years. Must be able to swim. Great exit pathway for swim schools.



Make New Friends



Learn New Skills



Improve Water Confidence



Lead A Healthy Lifestyle



Medium Energy



Burn 320 Calories

# floatfit – programmes for 2020



## **floatfit MOVE**

Inactive to Active

12 week course to introduce inactive people currently doing less than 30 minutes of exercise per week to regular exercise using the AquaBase and water

## **floatfit CIRCUITS**

Circuits for 20 -25 people

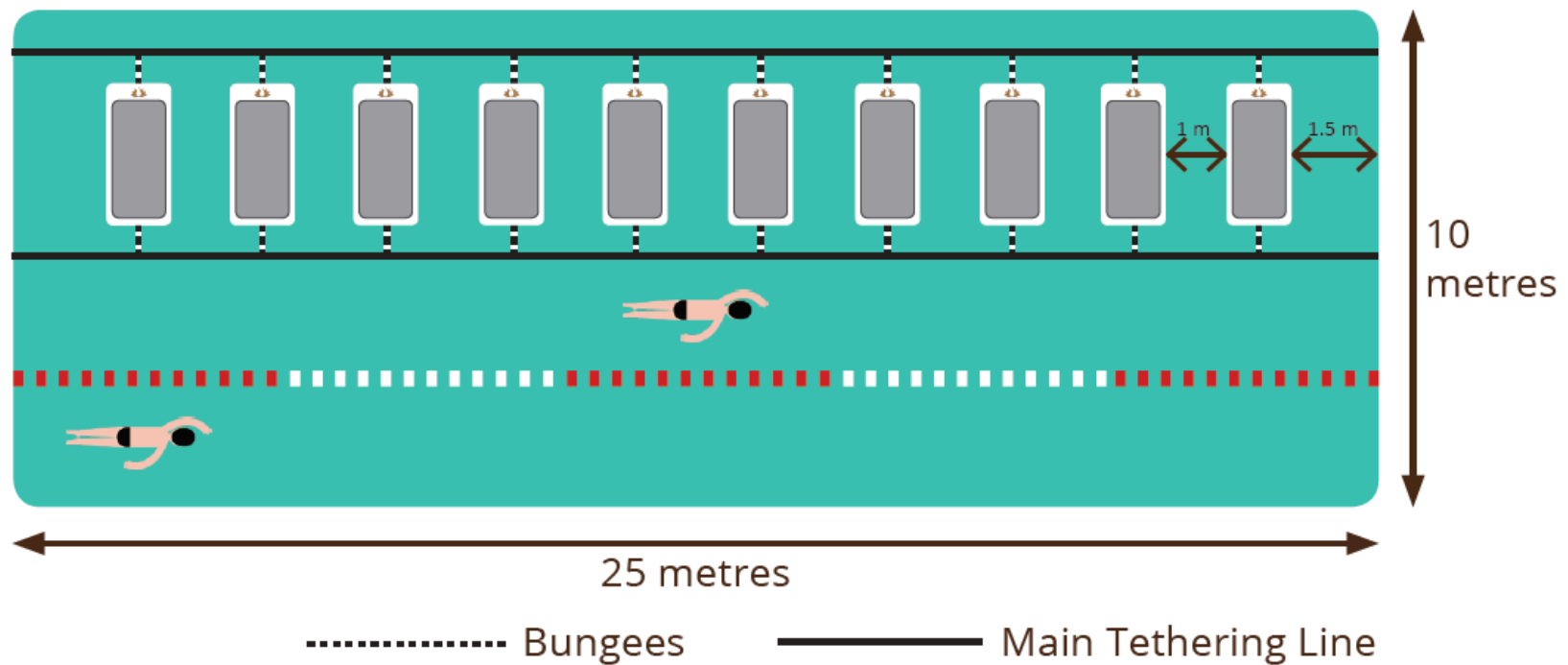
Circuit training using between 3 and 4 lanes of a swimming pool and between 8 & 10 AquaBase, the club can run the class for between 20 - 25 people, tailor the capacity with available space, all exercises are completed in the pool

## **floatfit RESISTANCE**

Resistance Bands

Resistance programme using resistance bands which attach to the AquaBase and have a unique programme

# pool layout



For safety:

- 1 metre between each AquaBase
- 0.9 metres minimum depth

# floatfit - enhances clubs and facilities



## Enhance and optimise space

- minimum storage
- leave part of pool open for swimmers
- option to run two 30 minute classes back to back – pay instructor hourly rate

## Exceed membership targets

- attract new demographic
- increase footfall
- drive member acquisition, retention and engagement

## Innovation and excitement

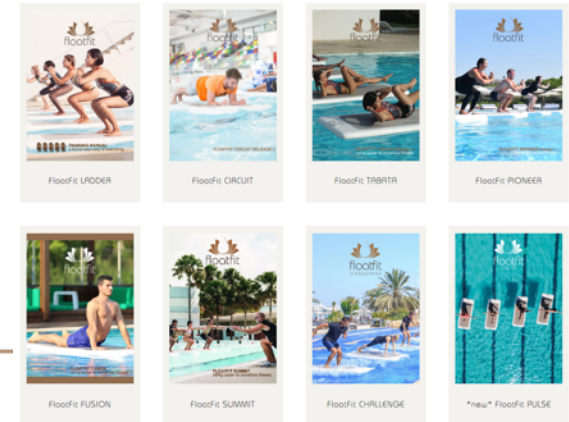
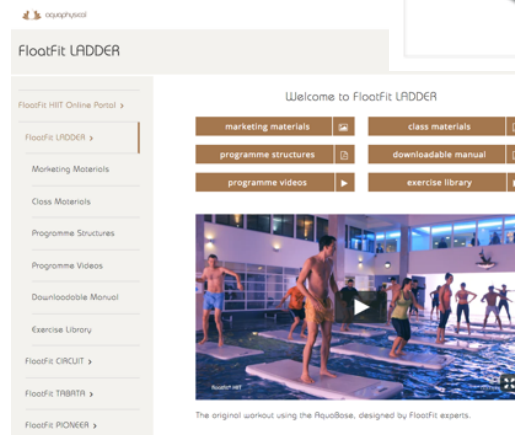
- unique, fun way to exercise appealing to all ages and abilities
- stand out from the competition



# floatfit online portal

A unique tool available to customers including:

- quarterly FloatFit programme releases
  - keep class content fresh to ensure high occupancy
- monthly FloatFit programme updates
- FloatFit exercise library
- marketing materials:
  - posters, roller banners and flyers (can be co-branded)

FloatFit LADDER

Welcome to FloatFit LADDER

- marketing materials
- class materials
- programme structures
- downloadable manual
- programme videos
- exercise library

The original workout using the AquaBase, designed by FloatFit experts.

• Toes and fingertips are resting on AquaBase grip pads



Hands and knees

- On hands and knees at the centre point of the AquaBase
- Abdominal core stabilising muscles engaged with good spinal alignment





# floatfit instructor training



Internationally accredited - earn up to 10 CPD points\*  
Instructors need to recertify after 2 years HIIT only – FOC if venues have a licence

## face-to-face training

certification in one day

covers set-up, class format and close-down

master class taken by master trainer

50% theory, 50% practical

## online training

certification possible from any location

average completion time 12 hours

flexible learning - learn at own pace

support from master trainers

HIIT

1 - 5 instructors - 4 hours / 6 - 10 instructors - 7 hours

Balance

Half a day

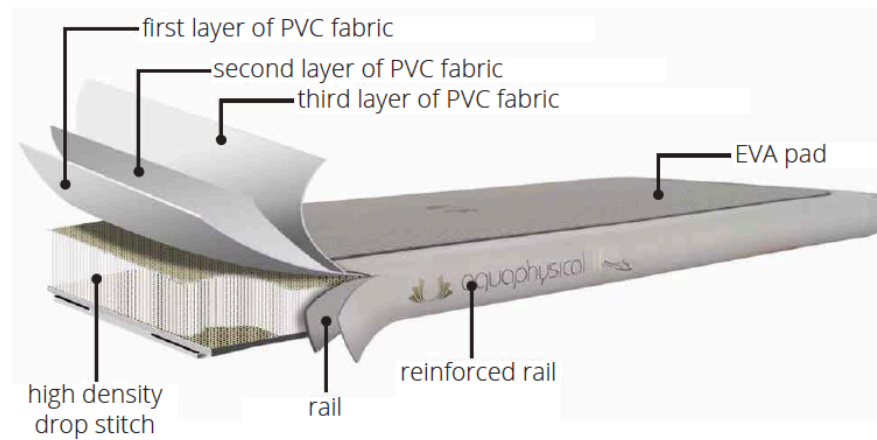
Grow

Half a day

Accredited by



dependent on accrediting country and organisation



#### specifications

length: 210cm

width: 90cm

depth: 10cm

weight: 8kg

weight limit: 100kg

- Original and brand leading
- Store inflated for ease of class set-up
- Highly resistant to abrasion, tears and punctures
- Triple layered for durability
- High density drop stitch for rigidity
- 2 year warranty\*

\*subject to conditions

## Is there a minimum width, length and depth of pool required?

- A length of 5 metres
- A depth of 0.9 metres
- A width of 4 metres

## What pressure should an AquaBase be inflated to and how does it stay rigid?

Pumping to 10PSI provides optimal rigidity as well as the high density drop stitch.

## Does the AquaBase come with a warranty and what is the typical product lifetime?

Yes - 1 year warranty is standard. Clubs running accredited FloatFit Classes have 2 years. An AquaBase typically lasts 3 to 5 years depending on use.

## Does the AquaBase need to be deflated after every use?

No - storing the AquaBase inflated is recommended. Allowing quick set-up and close-down of classes. Less time pumping and more time exercising!

## How often should the AquaBase pressure be checked?

Weekly (minimum once a fortnight).

## What instructor training is offered?

Face-to-face or online training. Trainees go through required health and safety, instruction and class content. Certification lasts two years.

## How long does it take to set-up and close down?

Between 5-10 minutes.

## How do the AquaBase stay in place?

A custom made tethering system is supplied.

## **Who can be a FloatFit Instructor?**

A Personal Training, Yoga or Pilates Qualification is recommended. A copy of your certification will need to be provided. If you are unsure about pre-requisites, please contact AquaPhysical directly.

## **How can we keep members engaged?**

Keep the classes fresh by utilising new programme releases and marketing materials found on the Online Portal.

## **Are there promotional materials available for FloatFit Classes?**

Yes - these are included on the Online Portal. Available to clubs with certified FloatFit Instructors.

## **How much do clubs charge for FloatFit Classes?**

Depending on target audience, charges vary between £4-10 per session. Some clubs offer the classes as part of a membership.



aquaphysical  
FLOATFIT

everyone  
ACTIVE

**working with**

*speedo* 

  
Parkwood  
Leisure

  
HOLMES PLACE  
FITNESS | WELLNESS | SPA

**BETTER**  
the feel good place

  
VILLAGE  
hotels