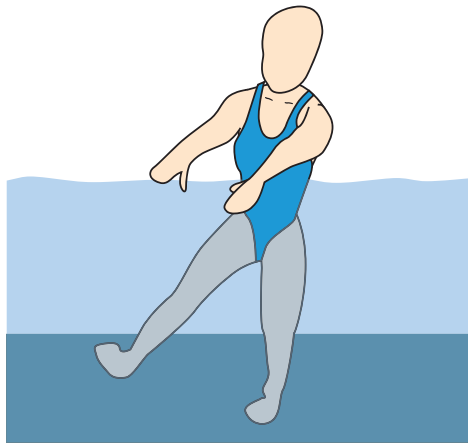
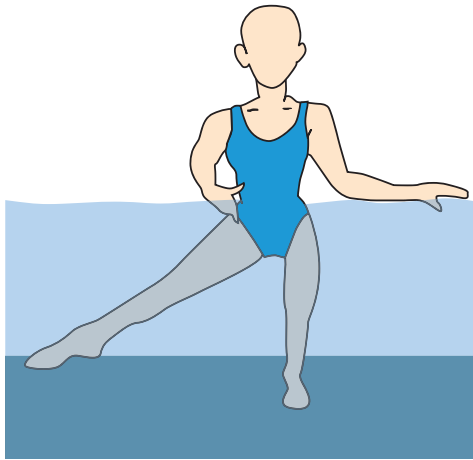


# WATERFITNESS

The hip circles movement trains balance, strengthens the core and strengthens the legs.

The living dead forward movement enhances balance and stability, strengthens the core and stretches the legs.



ILLUSTRATIONS BY NICK ORABOVIC