

PRODUCT SHOWCASE  
**Innovative Aquatics DVD Review**

*Innovative Aquatics launches the newest series of aquatic fitness DVDs showing you creative formats to energize any aquatic class! A three-ring circuit of training options – Steph rejuvenates senior programming, Laurie fuses function with fitness and Julie kicks your abs into high gear. Take your teaching to another level of distinction with innovative ideas to educate and motivate!*

The 2006 Innovative Aquatics DVD Series includes the following dynamic programs:

- Ab Innovatiions I with Julie See
- Ageless Aqua with Steph Toogood
- Cardio Fusion I with Laurie Denomme
- Cardio Fusion II with Laurie Denomme
- Cardio Innovations I with Angie Proctor
- Cool Choreography with Julie See
- Deep & Ab Innovations II with Angie Proctor
- Deep Dynamics with Steph Toogood

This Product Showcase highlights several of these programming options to introduce you to exciting and effective education for a variety of abilities and training goals. ALL Innovative Aquatic DVD programs are available for sale at the AEA Booth during normal exhibit hours.

**MUSIC** utilized in the DVDs and during the Product Showcase are listed below. Also check out other music options by Strom-Berg Productions at the AEA Booth and Dynamix Music Service at their booth in the exhibit hall!

- **Steph** – Instrumental music supplied by Dynamix. Hit Mix 128.
- **Julie** – Music provided by Strom-Berg Productions: Tiday Rhythms soundtrack. Available for sale at the AEA booth.
- **Laurie** – Music provided by MusicMahn Productions: Cardio Core soundtrack and Stretch Fusion soundtrack. Available for sale at the AEA booth.

2006 INNOVATIVE AQUATICS  
**Professional Profiles**

**Laurie Denomme** is internationally active in aquatics as a conference presenter and working on special projects for AEA. She blends her strength in management and leadership with her creative yet functional presentation skill. Laurie is an AEA Training Specialist and Co-Author/Director of Program Development for Aquatic Options educational programs & resources.

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**Steph Toogood** is ACE and AFAA certified, an AEA training specialist, well qualified and highly recognised as an international educator and presenter of water fitness.

Steph is a three-star IDEA presenter, Fab After 50 Health Achiever in 1998 and nominee for Fitness Professionals Fitness Leader of the Year Award. Steph has been named as one of the Top 10 Fitness Instructors in the UK by the Independent on Sunday and received the 2004 AEA Global Award for Educational Excellence.

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**Angie Proctor & Julie See** are co-founders of Innovative Aquatics, a fitness company dedicated to providing both the professional and the participant with quality education, safe and motivating programming options, aquatic specific music and other products to enhance aquatic training for Every Body, Every Time! The newest training tools are voice-over CDs – motivating music with clear & concise choreography cued for a safe and effective workout...great idea for the aquatic leader or the exercise enthusiast.

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## **AGELESS AQUA**

DVD with Steph Toogood  
[www.hydro-actif.com](http://www.hydro-actif.com)

- Real exercises for real people
- Achievable, effective exercise for deconditioned and unmotivated students
- Specific exercises that can improve ADLs and function
- Movement that flows and challenges individuals

### **SEGMENT GOALS with quotes from real students**

1. An extended warm-up to challenge balance and improve posture and postural awareness.  
*Val, age 69, says "attending class has helped my co-ordination and balance and also improved my posture."*
2. Increase heart rate with challenges for mental agility and co-ordination with simple and complex choreography interspersed. Focus the mind.  
*Yvonne, age 69, says "I have reduced my medication for arthritis as my joints are much more supple. My blood sugar levels are also more stable."*
3. Muscular endurance combined with range of motion to strengthen and lengthen key muscles that can deteriorate as part of the normal ageing process.  
*Janice, a retired nurse, says "I feel physically stronger and able to lift better. I love to make new friends and exercise my brain too."*
4. Maintain or improve CV endurance with the use of intervals using competition, sociability and fun to motivate.  
*Janet, a retired college lecturer, says "classes are exhilarating and satisfying. Additionally they are informative and above all – fun".*
5. Core stability and pelvic mobility to strengthen postural muscles and improve balance.  
*Rosemary, age 61, says "I love to forget my problems and immerse myself in the music and the movement."*
6. Bone density can benefit from protected impact. Use rebound moves, varying intensity with repeaters in this safe environment.  
*Ann, age 71, a retired head teacher says, "I start to seize up if I miss class. My fitness, mobility and balance have all been improved with regular attendance."*
7. Upper body strength and mobility exercises to ease neck and back pain and discomfort, tone and strengthen muscles, improve range of motion and help with posture.  
*May, age 66 says, "my neck and shoulders have not been nearly so stiff and sore since I started to attend water class."*
8. The warm-down to slow and calm the mind. Move the limbs in all planes and create flowing moves in a calm atmosphere.  
*Hazel, age 72 says, "meeting friends, having a good laugh and working hard enables me to get out of bed the next morning without having to worry about any of my joints not working. What would I do without it?"*

## **AGELESS AQUA FOR AGELESS STUDENTS**

## **COOL CORE CIRCUIT**

### DVD Highlights with Julie See

The 15-minute mini circuit intermixes movement patterns from Cool Choreography with creative core training from Ab Innovations I. Learn how to further your programming options by mixing and matching segments from various programs – all with great music in a circuit/interval format specifically geared for water fitness! Below is one circuit – remember to modify to meet the needs of your Pool, your Population and your teaching Personality...The 3 Ps of Programming!

#### **Cardio**

SKI 3 (Single-Single-Double)	2 sets
JUMP	Front, Back, Front, Back
JACK AKLE CROSS	1x
JACK (Optional ½ Turn)	1x

#### **Core**

VERTICAL STRADDLE CRUNCH	8x
JACK / PIKE COMBO	8 sets

### **2006 programs by Angie Proctor & Julie See**

Blending components of each workout will provide you with an unlimited library of teaching tools to keep you – and your participants – motivated until our next series is released!

#### **➤ Ab Innovations I with Julie See**

An educational program geared for both the aquatic fitness professional and the exercise enthusiast. This innovative approach allows you to incorporate ab training during the entire pool program rather than the last few minutes of your workout! Most exercises do not require equipment but innovative ideas for “using your noodle” are included.

#### **➤ Cardio Innovations I with Angie Proctor**

Get into great shape with this shallow water cardio and body-sculpting workout designed for active seniors and anyone looking for a challenge. Learn effective and safe movement combinations to strengthen heart, tone body, improve balance and challenge your mind.

#### **➤ Cool Choreography with Julie See**

It's time to lose your cool with aquatic choreography! Training in a cool water pool puts on the pressure to have hot choreography. Aquatic instructors and exercise enthusiasts will learn how to crank up the intensity without overloading the mental circuits. Creative combinations can be modified for all abilities and the high-intensity transitions are optional.

#### **➤ Deep & Ab Innovations II with Angie Proctor**

Experience new controlled and dynamic movements and techniques to challenge any body. Part one emphasizes total body conditioning, lever and plane changes and tempo variations. Part two demonstrates basic and advanced ab techniques performed in suspension, providing ideas that can be incorporated into both shallow and deep programs.

## **FUSION FITNESS** **Integrating Function and Fitness**

DVD series with Laurie Denomme  
[www.lauriedenomme.com](http://www.lauriedenomme.com)

*The Cardio Core Fusion II workout has been a perfect complement to my land based program. This cardio-resistance format allows me to maximize my effort when I workout and has helped me decrease my body weight and increase my energy throughout the day. -Lisa Del Guidice*

Cardio Core Fusion I and II target all five components of physical fitness – cardiovascular, muscular strength and endurance, flexibility, and body composition. This whole body program is advantageous as it also challenges key elements of functional living including core stability, balance and coordination.

**Cardio Core I** is a water walking format using various impact progressions and intensities to enhance cardiorespiratory fitness. Appropriate progressions are provided for orthopedic injuries for both the upper and lower extremity. Using functional training techniques this workout trains postural muscles along with dynamic balance; ideal for older adults as a balance and fall prevention strategy, individuals looking to recondition an orthopedic injury, or any person seeking to maintain or improve their independence and ability to perform activities of daily living.

*Laurie demonstrates progressive exercises with a fun and functional approach. Exercises are realistic for post-rehab or variations in water fitness training. -Terri Mitchell, PTA ATRIC AEA*



- **Improve posture, core strength & balance**
- **Functional training techniques for personal trainers or group fitness instructors**
- **Training strength and balance in tandem delivers proven results**

**Cardio Core II** exploits the benefits of pairing cardiorespiratory and resistance training while utilizing the concept of abdominal bracing for maximum core conditioning. Choreography is designed to target typically weak muscles during the cardio, resistance and stretch phase of the workout. Using proven functional strategies this workout format is ideal for the novice or advanced participant.



*Laurie demonstrates excellent basic ideas that anyone can follow to achieve solid & successful results. I love the way she motivates me with a gentle "kick in the core" -Judith Powers, MS*

- **A challenging use of water's natural properties – buoyancy, turbulence & resistance**
- **Creative ideas guaranteed to add variety & fun to shallow water training**