



Testimonials

"In my experience Aquatic Fitness Equipment is an effective form of exercise producing excellent results in a short time. It provides a good overall workout without putting pressure on joints and so it is particularly beneficial to users with injuries or mobility problems. Guests find it enjoyable and easy to use, suitable for all levels of fitness and it provides a new and exciting means of exercise."

Chris Chambers – Fitness Manager – Ragdale Hall

"We have found that the Aquatic Fitness Equipment is especially popular with people who might feel uncomfortable or intimidated in a traditional gym. The buoyancy of the water allows those recovering from sports injuries or other orthopedic operations to exercise without the stress on joints or muscles that prevents exercise on land-based equipment. We have been delighted with the impact the Aquatic Fitness Equipment has made on pool usage and how keen our customers are to use it."

Debbie Feltner – Operations Manager – Mildenhall Pool

"Since being diagnosed with osteoporosis and being involved in a car accident, I found even walking very painful. I was looking for an exercise routine to build strength but not cause more discomfort. My doctor referred me to the Aquatic Fitness Equipment and I have never looked back. I use it twice weekly and the benefits have been tremendous and I feel so much better."

Lorna Hickman - Mildenhall

Aquatic Fitness Equipment Features and Support

- ◆ 12 month warranty
- ◆ Tamper resistant material
- ◆ 316L Stainless steel structure
- ◆ High visibility
- ◆ Comprehensive Operations Manual
- ◆ Maintenance Manual
- ◆ Users' Poolside Instruction Guide



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A Q U A T I C
F I T N E S S E Q U I P M E N T

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A healthier more active lifestyle for all ages and abilities.

What if there was a way to increase the revenue generated by your facility and improve your client retention rate?

What if you could offer an exciting new program that is suitable for everybody regardless of age, ability or fitness level?

Working towards a healthier lifestyle is an increasing concern for people of all ages and abilities but traditional exercise options may not be the right answer for everyone. Elite athletes, patients with physical rehabilitation needs and people just starting to feel their age are all looking for solutions that fit their lifestyle and provide measurable results.

Waterplay's new line of Aquatic Fitness Equipment may represent the opportunity you have been looking for. It has been designed to transform any swimming pool over 1.1 metres deep (3.6 feet) into an exciting and invigorating gymnasium that is both fun and effective. The system capitalizes on the natural properties of buoyancy and resistance to create a zero impact, complete cardiovascular and aerobic work out. It consists of eight portable, compact units which can be easily installed, interchanged and removed to suit existing pool needs.

The benefits of exercising in water are well documented. In addition, the zero impact nature of exercising with aquatic fitness equipment is of particular benefit in rehabilitation providing patients with a refreshing and supportive medium in which to exercise.

A unique way to boost profitability.

Aquatic Fitness Equipment can breath new life into existing facilities by allowing you to program specific exercise classes in the water therefore generating a new revenue stream and client retention opportunity. This can help to relieve the burden in other areas of your facility, provide greater choice and attract new clients. More importantly, Aquatic Fitness Equipment allows you to generate increased income through the provision of fee paying instructor led classes. By taking traditional exercises into the water, Aquatic Fitness Equipment makes working out a pleasurable and invigorating experience. The result is that people just keep coming back!

Benefits for all users

Aquatic Fitness Equipment is suitable for everybody; experienced and inexperienced exercisers/athletes, the young and old, males and females, swimmers and non-swimmers and those receiving orthopedic treatment or seeking rehabilitative exercise. Aquatic fitness workouts aim to improve all aspects of fitness; strength and endurance, aerobic capacity and flexibility, weight/body fat reduction and coordination.

Reap the benefits of quality and expertise

All of the machines in Waterplay's Aquatic Fitness Equipment line are constructed to the highest standards and carefully handcrafted using 316L stainless steel and state of the art internal components specially designed for operation and durability in chlorinated water. For the operator, this means low maintenance and for the user it guarantees a safe workout environment.

Flexibility and ease of installation

Each of the Aquatic Fitness Equipment components can be quickly, easily and safely fixed to and removed from the pool side. It can be used by your guests in an unattended environment or be incorporated into regular aquatic fitness classes. This portability and versatility affords the operator maximum flexibility in programming available pool space.

The Aquatic Fitness Equipment Solutions



Whether you are looking for options to increase and improve fitness programs, attract new members, enhance recreation activities or promote rehabilitation, Waterplay's Aquatic Fitness Equipment can give you the edge.

Benefits

- Provides a zero impact work out that won't strain weight bearing joints.
- Water resistance ensures the exerciser works within his/her capacity.
- Increases/maintains bone density.
- Effectively works all muscle groups.
- The buoyancy and support offered by the water facilitates working the body through its full range of motion.
- Strengthens the core by forcing the user to maintain abdominal stability in the water.
- Promotes muscular flexibility and joint mobility.
- Hydrostatic pressure (the pressure of the water on the body) improves blood circulation and helps decrease water retention.
- Easy to combine with other forms of aquatic exercise.
- The user does not need to know how to swim.

Water exercise is
healthy,
fun
and safe!