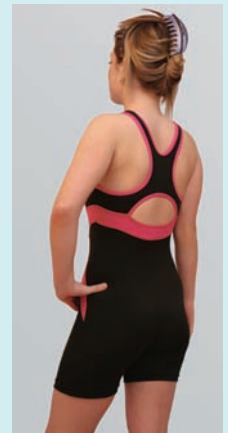




## What's New!

At HYDRO-FIT we're always searching for innovative and practical solutions to make water exercise more enjoyable and effective. Whether you're an aquatic fitness instructor or water fitness participant, few things affect the enjoyment of your workout more than the comfort of your suit. You want a garment that makes you feel good and look great, and that stands up to chemically treated water.

We've found just the solution—our new Wet Vest Aqua Suit. Developed by our U.K. partner, Hydro-Actif, this suit provides the perfect blending of comfort, style and durability. Made of Darwin® performance fabric, our one piece suit has resilient four-way stretch for a glove-like fit and smooth body shaping. With an elasticized shelf bra, mid thigh leg cut, and a 7" inseam. Available in Blue/Black and Fuschia/Black, in women's bust sizes 32–46.



Wet Vest® Aqua Suit



### ORDER NOW AND SAVE!

Take \$5 off our Aqua Suit's introductory price of \$74.95 and get FREE shipping when you place your order by phone—just mention HYDRO-FIT NEWS. Offer expires June 15, 2008. Call toll free 1-800-346-7295 Mon–Fri, 7 am–5 pm PST. *Special offer not combinable with any other coupon or discount.*

## We're More Than A Product Company...



Craig Stuart  
President, HYDRO-FIT Incorporated  
Director, HYDRO-FIT Academy

...We're also an education company. The reason is simple—without informed, educated and skilled instructors to teach and lead aquatic fitness programs, the industry for products and services will not prosper and grow.

HYDRO-FIT has a long history of promoting and offering quality education events for professionals. The HYDRO-FIT Academy carries on the tradition with a similar mission—to promote excellence in the standards and practice of aquatic fitness leadership.

In 2008, HYDRO-FIT will host two Academy Training Weekends—complete weekend conferences encompassing two-and-a-half days of workshops, seminars, and master classes. In 2008, the Academy offers indepth focus on both shallow water training and deep water training.

**REGISTER ONLINE [hydrofit.com](http://hydrofit.com) BY PHONE 800.346.7295**



**SHALLOW WATER**  
July 18–20  
Kalamazoo, MI  
*Earlybird deadline*  
June 20, 2008

**DEEP WATER**  
Sept. 26–28  
Corvallis, OR  
*Earlybird deadline*  
Aug. 29, 2008

# IN FOCUS **New HYDRO-FIT Water Workout DVDs**

HYDRO-FIT has just completed three new innovative exercise programs from Craig Stuart and Margie Caldwell Cooper. Each DVD is packed with original choreography, terrific teaching techniques, and great music from Muscle Mixes and Dynamix.



## **Aqua Technique—Pour It To The Core with Craig Stuart**

Learn how to harness the power of liquid resistance. Use grounded aerobic exercises and high-intensity strength intervals to shape and tone your entire body while pushing fat-burning systems into high gear. Equipment options include Mini Cuffs, WAVE WEB®s and HYDRO-FIT Noodles. \$22.00

## **H2O Power Plunge with Craig Stuart**

Discover the many benefits of unilateral training. Use a single Hand Buoy to tone and strengthen your upper body while building aerobic endurance and improving functional fitness. Why use two when one will do? \$22.00



## **Liquid Abs with Margie Caldwell Cooper**

Discover a whole new way to train your abs. Learn how to use core stabilization techniques and multi-plane exercises to challenge the deepest muscle layers in the body. Equipment options include HYDRO-FIT Cuffs, Hand Buoys and WAVE WEBS. \$22.00



## **ORDER ALL 3 AND SAVE!**

Place your order for all three DVDs and pay only \$54.99 (plus \$9.95 shipping). Act now—this introductory offer expires June 15, 2008. Order online at [hydrofit.com](http://hydrofit.com) or call toll free 800-346-7295. *Not combinable with any other offer or discount.*



*Margie Caldwell Cooper (top) demonstrating a power knee lift from Aqua Technique—Pour It To The Core. Craig Stuart (above) demonstrates a pendulum sweep from the deck.*

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