



# AQUAFLAT<sup>®</sup>

turnkey solution  
for your business

# first

in the fitness industry, training can take place on the surface of the water. The water base gives the fitness raft unique qualities for training on it, both in group format and individually.



# our product



We are glad to present the Aquaflat® fitness raft as an innovative and universal platform for any training technique from yoga to functional training, as well as animation in hotels and fitness clubs.

# master trainers

Russian Academy of Fitness Innovations,  
with 17 years of experience in fitness,  
developed 3 Aquaflat® programs. Programs  
fully comply with the world standards of  
quality, effectiveness and safety of training  
for adults and children.



# Aquaflat<sup>®</sup> Functional Training

Intensive, exciting training of the main muscle groups of all systems of your body. It includes exercises and sequences aimed at the development of coordination, balance, strength and endurance. We use exercises from Cross Fit and TABATA Training, adapting them to the instability of the Aquaflat<sup>®</sup> fitness raft.



# Aquaflat® Balance

We have included various spinal stretching exercises, relaxation and strengthening the center of the body in this workout. We have implemented the best exercises and sequences from such techniques as Yoga, Pilates, Stretching, as well as breathing practices, adapting them to the instability of the Aquaflat® fitness raft. This is an atmospheric training from the Mind & Body group.



# Aquaflat<sup>®</sup> Junior

The pride of our Academy. Training, which becomes the most important event for children from the first visit. It consists of competitions and game exercises that develop all the basic qualities of a child's body and nervous system. Training creates a team spirit, solving the issues of communication and socialization of adolescents. We grow super-heroes. Aquaflat<sup>®</sup> rafts styled in a movie or comics creates a gambling and magical atmosphere at each workout.



# only advantages

## + product

ready to launch and aimed at increasing profits and enhancing the image of any project

## + training

ready-made training formats developed by professional athletes and coaches

## + technology

of launching Aquaflat® programs and full after-sales support

## + marketing

promotional materials and assistance in preparation of a PR company for a successful launch



# fitness clubs

- Increase profits (from the introduction of group/ personal trainings for an additional charge)
- Increase the percentage of renewal & retention of customers
- Motivation of the development team of trainers and increase in productivity
- Positioning the club on the market as a leader, keeping up with the time
- Increased club membership sales due to the presence of presentable programs

\*\*\* We will help you calculate the payback period of Aquafit® as soon as you provide us with the initial data for the calculation. The average payback is from 2 to 12 months.



anti-slip cover



high-strength fabric with double-sided coating



rings to ensure fixation



4 handles made of nylon



leakage valve protection



# technologies



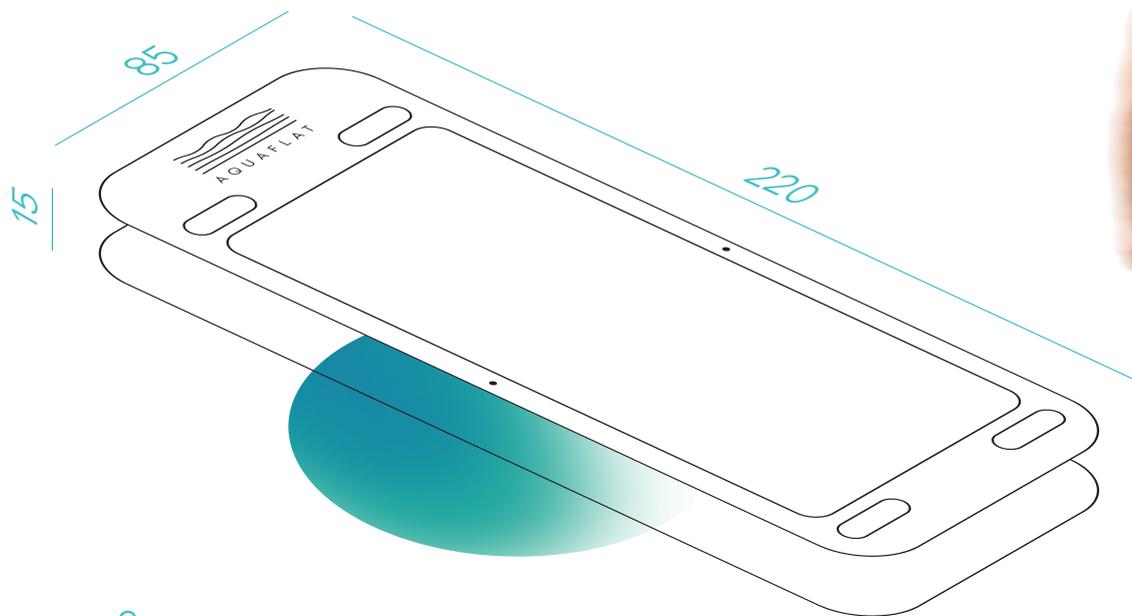
# branding

Let's make rafts in your corporate colors, with a logo on the antislip mat. This will turn all the photos from workouts into an advertising campaign on social media and not only.



# measurements

Fits in a standard pool track and gives optimal stability for all types of exercise



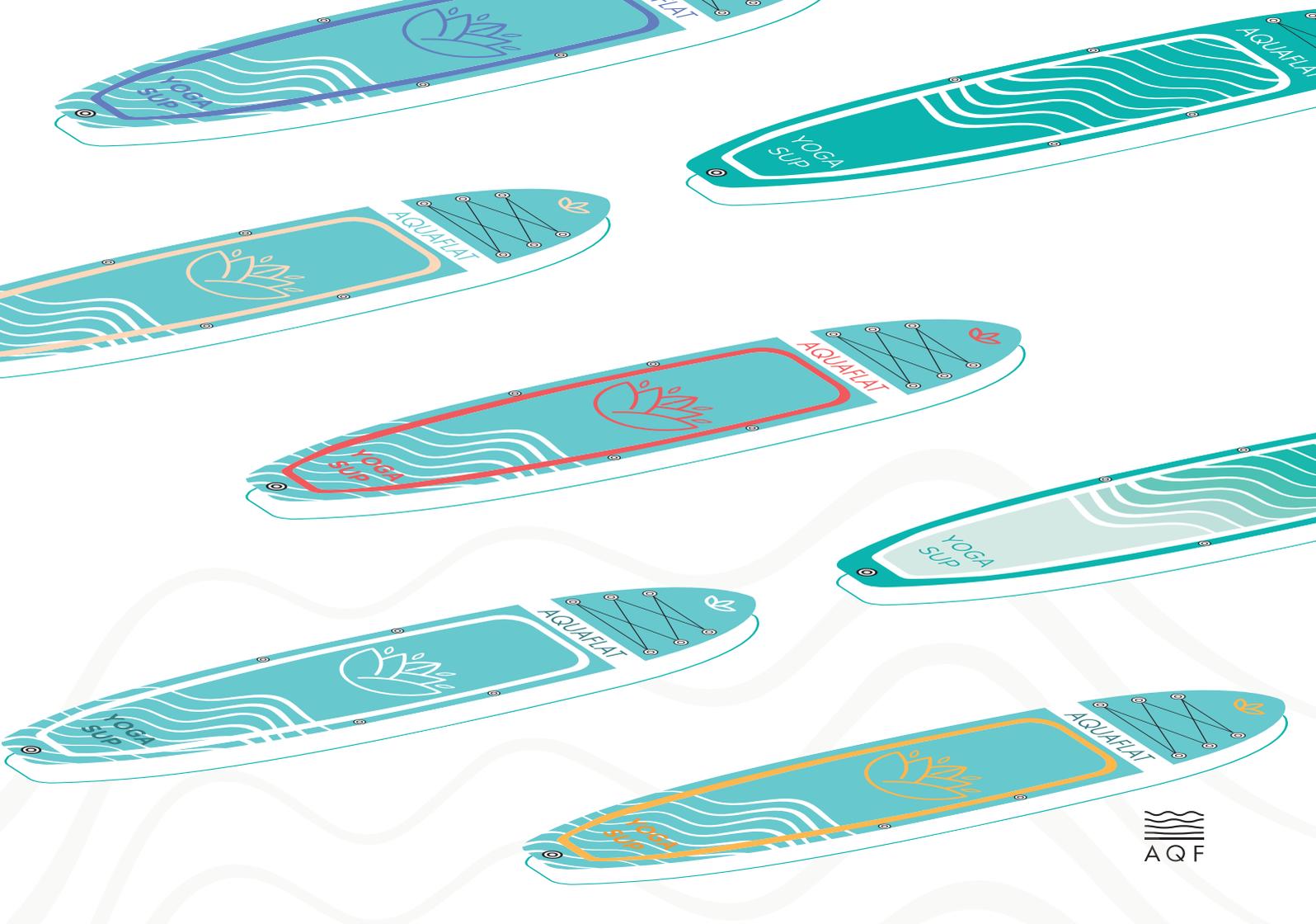
вес: 9кг



# sup boards

We also offer SUP BOARDS for yoga and open water training in our classic or in your individual design





# our clients

during 2 years of operation Aquaflat® has been launched in more than 100 clubs and swimming pools in Russia, Europe and Asia.



aquaflat



aquaflat



aquaflat



#всбудетаquaflat



#всбудетаquaflat



#всбудетаquaflat



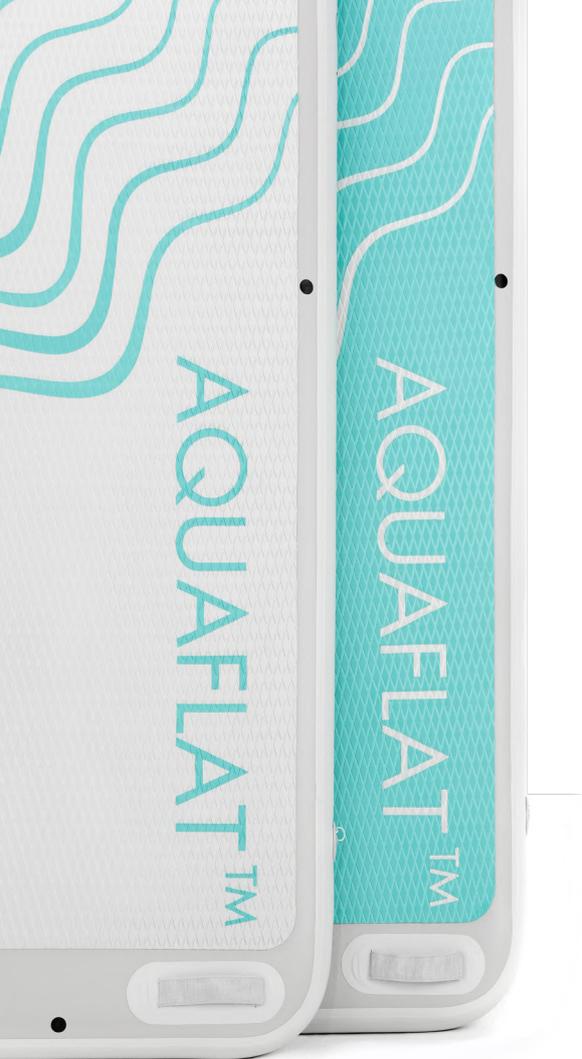
ffit



#всбудетаquaflat



#всбудетаquaflat



request an individual offer via whatsApp:

+7 926 992-30-66

or email:

[bocharov@aquafat.ru](mailto:bocharov@aquafat.ru)

