"Lose 20 kgs (44lbs) and tone your body within 4 weeks in your very own Suspense Aquatic Centre – I did."

Brian Gay, Inventor







SUSPENSE AQUATIC CENTRE

"I designed the **Suspense** aquatic centre for people like me that work 7 days a week and have very <u>little time</u> or interest in going to gyms or public pools. My outdoor pool is <u>un-inviting</u> most days due to the weather conditions.

I tried running, walking and often suffered from injury, tight muscles, aches and pains – not to mention sweaty, wet clothes – no thanks! I knew water was the answer for me, so I designed **Suspense** to be a convenient volume of water.

I simply step into **Suspense**, close the door behind me and within minutes fill to the desired level with crystal clear temperature controlled water."

NO WASTING WATER

Suspense relies upon <u>recirculated</u> water that is stored, automatically **filtered**, **heated** and **sanitized** – the water is re-used time and time again as in a commercial swimming pool. The water is <u>simply</u> transferred from the storage tank to the booth and back again.

WORK-OUT

Deep water running for cardio, resistance training to tone your body and stretching to remain agile – you choose. Your body is up to 90% lighter in water making exercise NO IMPACT avoiding shock and jolts to bones, muscles and ligaments that occur when exercising on land. The faster you move through water the greater the resistance, it's like having an automatic self adjusting weight machine that caters instantly to your needs.

CONVENIENCE

Getting in shape and keeping fit has to be enjoyable and most of all convenient. With a **Suspense** aquatic centre exercise has never been so convenient, <u>clean</u> and refreshing try it and see for yourself. **Suspense** may be installed inside or outside the building, whatever is <u>convenient</u> for you.

CALL HYDROCO TODAY

Australia: **03 8770 4000**USA: **1 310 381 0071**or visit: **www.hydroco.com**