

Note: Appropriate music tempo for most standard water fitness classes range between 118bpm to 128bpm for all portions of class (*if you are using tempo*).

Exceptions to this range include the cool-down segment of a class and specialty classes like Aqua Pilates/Yoga or Aqua Running (*which is very different from a standard Deep Water class*).



## FITNESS MUSIC COMPANIES

Check out these websites (*CDs & MP3 downloads designed for fitness*)...

- [www.burntrax.com](http://www.burntrax.com) – Canadian Distributor, Sharon Mann from BC (be sure to click on the Canadian button)
- [www.calainc.org](http://www.calainc.org) – then click on the Merchandise tab
- [www.cardiomixes.com](http://www.cardiomixes.com) - no Canadian distributor therefore your music comes right from the USA
- [www.clickmix.com](http://www.clickmix.com) – create your OWN music mixes, including tempo and order + download directly to your computer (no CDs, no mail!)
- [www.collagevideo.com](http://www.collagevideo.com) – Fitness videos and music from US
- [www.dynamixmusic.com](http://www.dynamixmusic.com) – your order will run thru the US & then be transferred to Blanch's distributorship in Edmonton
- [www.fitnessfix.ca](http://www.fitnessfix.ca) – Fitness DVDs
- [www.getfitmixes.com](http://www.getfitmixes.com) - no Canadian distributor therefore your music comes right from the USA
- [www.gfmix.com](http://www.gfmix.com) – no Canadian distributor therefore your music comes right from the USA
- [www.muscleremixes.com](http://www.muscleremixes.com) – Call your order in rather than using the website (there is a Canadian Distributor however it is not listed on website)
- [www.musicflex.com](http://www.musicflex.com) – no Canadian distributor therefore your music comes right from the USA
- [www.overthetopmusic.net](http://www.overthetopmusic.net) - no Canadian distributor therefore your music comes right from the USA
- [www.powermusic.com](http://www.powermusic.com) - your order will run thru the US & then will be transferred to closest Canadian distributorship (likely in Sherwood Park)