StoneCroft Aquatics Center

AQUA SPIN

A new 6-week session starting soon!

FALL SESSION 2

Tuesday, October 27 - Thursday, December 10

No Classes week of Thanksgiving

Registration is required due to limited space + equipment availability.

REGISTRATION OPENS THURSDAY, OCTOBER 15



SESSION COST

Community Member: $30.00 per session

Non-Member: $60.00 per session

CLASS TIMES

Tuesday - 8:00-8:45AM

Tuesday - 2:00-2:45PM

Thursday - 8:00-8:45AM

WHAT IS AQUA SPIN?

It's in-water spinning on a submerged stationary bike! It's a great no-impact workout that can increase your cardiovascular endurance since you're exercising at a higher intensity but at a lower heart rate.

We pair this workout with strength training & music for a fun-filled aquatic class!

To reserve your spot or to learn more, contact aquatics@telhai.org OR 610-273-9333 ext. 2441

Youtube.com/
@telhairetirementcommunity

Facebook.com/
HillofLife

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EQUAL HOUSING OPPORTUNITY

PET FRIENDLY

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