

AQUA SPIN

Hydrorider 6-Week Class

hosted in the StoneCroft Aquatics Center at Tel Hai Retirement Community



Begins April 9 - May 16
Tuesdays- 8 AM & 2:30 PM
Thursdays- 8 AM

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!

Registration required & opens
at Thursday, March 21, 2024
at Noon. Space is limited.

Class is open to public
(non-pool members) for
\$60 per 6-week session.

To register, visit www.telhai.org/AquaSpin
or email aquatics@telhai.org

Tel Hai's StoneCroft Aquatics Center is located at 4000 Tree Line Drive, Honey Brook, PA.
(Reduced pricing available for those with community memberships.)


Tel Hai
Redefining Retirement