

# AQUA SPIN

## Hydrorider 6-Week Class

hosted in the StoneCroft Aquatics Center at Tel Hai Retirement Community

Tues. Feb.24 - Thurs. Apr. 2

Tuesdays- 8 AM & 2:15 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 on Tuesday,  
February 17** at Noon.  
Space is limited.

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

To register email: [aquatics@telhai.org](mailto: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*