

AQUA SPIN

Hydrorider Modified 6-Week Class

hosted in the StoneCroft Aquatics Center at Tel Hai Retirement Community

Tues. April 14 - Thurs. May 7
Tuesdays 8 AM & 2:15 PM
\$40 class fee

Wednesdays 3:30 PM -
\$30 class fee No class 4/15

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,
April 7 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

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