

# AQUA SPIN

## Spring 2, 8-Week Session

hosted in the StoneCroft Aquatics Center at Tel Hai Retirement Community

Tuesday June 2 - Thursday July 23

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 **opens**

**Tuesday, May 26**

Space is limited.

**Class is open to public  
(non-pool members) for  
\$80 per 8-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*