

# AQUA SPIN

## Hydrorider 6-Week Class

hosted in the StoneCroft Aquatics Center at Tel Hai Retirement Community



Begins July 23 - August 29

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, June 27, 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](http://www.telhai.org/AquaSpin)  
or 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*