

Hydrorider



Wednesdays

New Time added

4:30-5:15pm

6:30-7:15pm

Instructor: Kristina

Welcome to the latest aquatic fitness trend... aqua cycling. The Hydrorider is a unique aquatic indoor stationary bike, which allows you to pedal while immersed in the water, taking advantage of the added resistance of the water. There is nothing like it! For maximum results it is recommended to use aqua shoes. Bring your own or borrow from the Y.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY