



Ready for something different... take your cycling to the water!!



Aqua Cycling... one of the latest aquatic fitness trends! The Hydrorider is a unique aquatic indoor stationary bike made out of marine stainless steel AISI 316L (rust proof) which allows you to pedal while immersed in the water taking advantage of the added resistance of the water. Unlike the indoor-based cycling frames, the Hydrorider resistance is set up and remains at that level through out the class. The resistance is determined by four paddle wheels that are adjusted before you enter the water. The longer the paddle is pulled out, the greater the surface volume of water taken in; hence the greater the resistance. Resistance is also added by increasing RPM's through acceleration, which is a key component in aquatic conditioning. The water keeps you cool while riding... Bonus!



**The Aberdeen Family YMCA is 1 out of 40 places
in the US to have the Hydrorider Bikes.**

Hydrorider classes are back... Open to Plus Members

Monday & Wednesday 6:15-7:00pm with Estelle Meyers

Tuesday & Thursday 12:10-12:45pm with Duane Donat

Thursday 5:30-6:15pm with Katy Oelke

Saturday 8:00-8:45am with Mona Smith

What do I need to do to attend?

Pick up a Hydrorider tag at the Member Services Desk before attending class as we only have 9 bikes. Tags may be picked up 30 minutes prior to each class. If you are attending the pool class just before the Hydrorider class you can pick up a tag and give it to the instructor so they know you are staying for both classes.

Please arrive 10 minutes early to allow for bike set-up.

*Aqua socks or shoes are required.

