

Hydrorider *Is back!!*



Tuesdays
6:00-6:45am
Instructor: Wendy
Starts Dec 5, 2023

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. The resistance is determined by four paddles wheels that are adjustable on three levels. The longer the paddle is pulled out, the greater the surface volume of the water taken in, hence, the greater the resistance. There is nothing like it! For maximum results it is recommended to use aqua shoes. Bring your own or borrow from the Y.



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 15 minutes early to allow for bike set-up.

**Aqua shoes are required & available for use*

