

Hydrorider Aquabike



Small Group Training

Tuesday 6:45-7:15am / 7:30-8:00am

Wednesday 6:40-7:10pm

Thursday 6:45-7:15am / 7:30-8:00am

Thursday 8:15-8:45am

Thursday 2:15-2:45pm / 3:00-3:30pm

Friday 2:00-2:30pm

Hydrorider training is excellent for cardiovascular and core conditioning. A perfect workout for those who suffer from joint, muscle or bone pain.

Cost: \$10 per 30-minute session

Please register and pay at the front desk.

Space is limited to 4.

Must wear water shoes without laces to participate.